P. E. O. COOK BOOK

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The P. E. O. Cook Book

CHAPTER Z

HARRISBURG, ILLINOIS, NINETEEN HUNDRED TWENTY-TWO

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COCKTAILS

P. E. O. COCKTAILS

½ Pound marshmallows, 2½ pounds white grapes, 1 dozen oranges, ½ dozen lemons, 2 cans pineapple, 1 pound sugar, ½ of a honeydew melon. Slightly flatten the marshmallows, cut in strips with scissors and spread on a platter to dry. Dice the melon, pineapple, 6 oranges and 2 lemons. Add the sugar to the juice of 4 lemons and 6 oranges and mix all together and place on ice. When ready to serve, fill cocktail glasses, arrange marshmallow petals in the form of marguerites with a cube of orange for the center, on top of the cocktails. Serves 36 people.

Mrs. Fannie Gaskins.

OYSTER COCKTAILS

Have oysters very cold and free from bits of shell. Put not more than 5 or 6 in a glass, and just before serving cover with the following dressing:

Mix together 1 tablespoon lemon juice, 5 drops tabasco sauce, 1 tablespoon tomato catsup, 1 teaspoon grated horseradish, ½ teaspoon Worcestershire sauce, and salt to taste. This quantity makes 3 cocktails. Serve with celery and thin slices of brown bread.

Mrs. D. A. Lehman.

OYSTER COCKTAILS

1 Small bottle catsup, 1 stalk celery, 3 sour pickles, 1 small bottle capers, red pepper and salt to taste. Put over oysters in cocktail glasses. Mrs. Fred Baumer.

FRUIT COCKTAILS

Cut in small pieces oranges, pineapple, nuts and figs; add whole Marischino cherries, some of the cherry liquor and lemon juice. Sweeten to taste, serve very cold with marshmallows on top. Mrs. D. A. Lehman.

WATERMELON COCKTAILS

Cut chilled cantaloupe in halves, remove seeds and fill with balls or cubes of chilled watermelon, sprinkle with powdered sugar. Serve as first course to luncheon or dinner.

MRS. E. C. CLARK.

SOUPS

ASPARAGUS SOUP

½ Can of asparagus or ½ bunch of fresh asparagus, reserving the tips for table use; ½ pint of boiling water; ½ teaspoon of salt; 1 pint of sweet milk; 1 tablespoon flour; red or black pepper.

Cook asparagus until tender in the boiling water, make a white sauce by melting butter and stirring the flour in butter, being careful not to let it brown. Add the milk, stirring constantly to prevent lumps. Add seasoning. Mash asparagus, add it and water in which it has been cooked to sauce. MRS. JOHN J. PARISH.

BEAN SOUP

1 Pint of beans; 1 quart of rich milk; 4 tablespoons butter; 1 teaspoon salt; ¼ teaspoon pepper.

Soak the beans over night. Then boil in clear water until they will mash, rub through a colander. Add milk, stirring until soup is smooth. Add butter, pepper and salt.

MRS. CHAS. SLOAN.

BREAD SOUP

Break 3 slices of stale bread into small pieces. Put into a pan with 2 tablespoons of fat, add a minced onion and cook 3 minutes. Add 3 cups of boiling water, salt and pepper. Cover and cook 20 minutes and strain. Add 1 cupful of hot milk, chopped parsley and seasonings to taste. Reheat and serve. MRS. C. D. STILWELL.

BEEF TEA

Cut all fat from round steak, cut meat into small pieces, put into a glass jar. Cover tightly. Put jar into boiling water and cook 8 hours. MRS. JOHN J. PARISH.

BOUILLON

Take 2 pounds of soup meat and a bone containing marrow extra. Soak for 2 hours in 2 quarts of cold water, to draw out the juices. Add a sliced carrot, an onion, 1 clove of garlic with center removed, few celery stalks, 1 bay leaf, a few sprigs of parsley and boil slowly until the meat has fallen from the bone. Strain through a cloth, add salt and pepper to the liquor and set away to get cold, then skim off the fat. Heat and serve with small crackers. A slice of lemon and a sprig of parsley may be added to each portion.

Mrs. C. D. Stilwell.

CELERY SOUP

Follow directions for making asparagus soup, substituting celery for asparagus. Mrs. John J. Parish.

CHEESE SOUP

½ Onion; 2 tablespoons butter; 2 tablespoons flour; 1 quart milk; 2 egg yolks; ½ cup grated cheese; 1 teaspoon salt; pepper to taste.

Slice the onion and cook in the fat until tender. Remove it and stir in the flour, then add the milk, saving out a part of a cup. Cook until smooth and pour over the eggs, which have been beaten with the cold milk, and serve immediately.

Mrs. C. D. Stilwell.

CHICKEN SOUP

1 Cup of ground chicken; 1 pint of strong chicken broth; 1 cup of sweet cream; ½ cup cracker crumbs; 3 egg yolks; ½ teaspoon pepper; 1 teaspoon salt.

Soak crumbs in a little cream. Bring broth to a boiling point and add chicken. Boil eggs hard and mash yolks and add to soup with cream, salt and pepper.

Mrs. Chas. Sloan.

CHICKEN SOUP

Cover whole dressed chicken with cold water and bring slowly to a boiling point; let boil until tender, remove chicken, add 2 cups of uncooked rice and salt and cook until

rice is tender. Beat whites and yolks of 3 eggs separately, then mix together. Add juice of 2 lemons to soup. Pour part of soup over eggs, beating the eggs until thick. Pour this into soup and serve at once. This makes a large amount of soup. MRS. JAMES GRAY.

CHICKEN BOUILLON

Cut the nails from the feet and eyes from the head of chicken. Drop the feet and head into a pan of boiling water and scald, then take off the skin. Put into the kettle with the heart, liver, gizzard, a carrot and an onion. Cover with water and cook rapidly two hours. Season and serve hot or cold. MRS. C. D. STILWELL.

CHICKEN BROTH

Cut the chicken into very small pieces and put into a jar filled with water, add a little salt, cover tight and simmer all day on stove. Strain and season to taste.

MRS. FRED BAUMER.

CONSOMME

2 Pounds lean beef; 1 small knuckle veal; 2 tablespoons of butter; 1 small onion; 1 stalk of celery; 1 carrot; 1 bay leaf; 2 quarts cold water.

Cut beef and veal into small pieces and brown them in butter over a hot fire. Add the cold water, onion, celery, carrot and bay leaf and simmer slowly for 4 or 5 hours in a covered kettle. Take from the fire and let cool, remove the fat, strain, reheat and serve. BESS S. PARISH.

CORN SOUP

1 can corn; 1 cup boiling water; 1 quart milk; 1 teaspoon salt; $\frac{1}{4}$ teaspoon pepper; 4 tablespoons butter.

Pour boiling water on the corn and cook for half hour, then rub through a sieve. Heat milk, add butter, pepper, salt and strained corn. MRS. CHAS. SLOAN.

CORN CHOWDER

1 Can of corn; 4 cups of potato cubes; $1\frac{1}{2}$ inch cube of

salt pork; 3 tablespoons butter; 1 sliced onion; 4 cups scalded milk; salt and pepper.

Cut pork into small pieces and fry with the onion. Strain fat into stewpan; parboil potatoes five minutes. Drain and add the fat. Add two cups boiling water and cook until potatoes are soft. Add corn and milk and heat to boiling point. Add salt, pepper and butter.

Mrs. G. T. Gaskins.

CREAM OF ONION

Cut 2 medium sized onions into small pieces and scald. Melt 2 tablespoons of butter and blend with 2 tablespoons of flour; when smooth add one quart of sweet milk gradually, season with salt and pepper and serve.

Mrs. C. D. Stilwell.

CREAM OF RICE AND CHICKEN

Cover bones with 3 pints of cold water, let come to a boil once and simmer until there is pint of stock, add 1 teaspoon butter, $\frac{1}{4}$ teaspoon nutmeg and cayenne. Add to stock gradually and let boil up, then add $\frac{1}{2}$ cup thick rice, $\frac{1}{2}$ cup cream, grated yolk of egg. Mrs. G. T. Gaskins.

CREAM OF TOMATOES

Add to 2 quarts of milk, butter, salt and pepper to taste, and a little rolled crackers and let come to a boil. Press 2 quarts of tomatoes through a sieve to remove seeds. Heat and add 1 teaspoon soda, allow to effervesce and stir into boiling milk. Mrs. J. H. Lane, McLeansboro, Ill.

HAM BONE SOUP

Place in saucepan 1 can of peas, $3\frac{1}{2}$ pints of water, 1 ham bone and almost any kind of vegetable that will give flavor, as carrots, onion or turnip, 1 bay leaf and parsley. Let the whole come to a boil and cook slowly for 3 hours; strain the soup and run the vegetables through a sieve, return to the pan and let boil up; add salt and pepper.

Mrs. Ella Marsh.

ICED BOUILLON

Make a regular bouillon but season a little higher, especially salt and pepper. After the fat is removed keep on ice and serve ice cold with toasted bread cubes or sticks.

Mrs. C. D. Stilwell.

JELLIED SOUP

For a foundation use any of the canned soups, consomme or clear soups. To each can of soup add twice its quantity of water. Place over the fire with $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper and 1 slice of onion and bring slowly to the boiling point. In the meanwhile have 1 tablespoon granulated gelatine in 2 tablespoons of cold water. When the soup is boiling remove from the fire, remove onion and add softened gelatine. Set aside to cool, then in a cold place to stiffen. If the soup contains vegetables it must be stirred several times while cooling to distribute them thoroughly. If the thicker soups are used a larger amount of seasonings should be used and dilute 1 small can soup to make a quart.

Mrs. C. D. Stilwell.

MARROW BALLS

Dig the marrow out of bone before cooking and melt, beat 1 egg light, add 2 tablespoons marrow, minced parsley and enough cracker crumbs to form into small balls, drop into soup and let heat through.

Mrs. Marie Oehm.

NOODLE SOUP

Beat 1 egg very light, add $\frac{1}{2}$ shell vinegar and enough flour to make like pie dough, roll out very thin and let dry enough to roll. Cut very fine and drop into soup stock, cook 10 minutes. Noodles will keep a week or ten days in a cool place.

Mrs. Marie Oehm.

NOODLE SOUP

Make a good beef soup, when almost done take 2 eggs and beat well, then work in as much flour as they will

absorb, then roll as thin as a wafer, partly dry it and dust with flour, make a roll, cut into strips, shake out. A teaspoon of salt should be added to flour. Boil in soup 10 minutes. MRS. FRED BAUMER.

OYSTER STEW

Make a paste of 1 tablespoon butter and 2 of flour. 1 teaspoon salt and a pinch of pepper, put in a stewpan on the fire 1 pint of sweet milk and 1 pint of water; when this comes to a boil put in 2 quarts of oysters and stir in the paste. As soon as it comes to a boil remove from the fire. Serve at once with crackers. MRS. FRED BAUMER.

PLAIN WHITE SOUP

1 Knuckle of veal, covered with cold water and boiled gently until the meat falls from the bones, remove the bones, season with white pepper and salt to taste, add 1 quart of sweet milk, a little butter and some cooked rice. This makes 4 quarts of soup. MRS. FRED BAUMER.

PEANUT SOUP

In the top of the double boiler place 1 quart of milk, 1 bay leaf, ½ teaspoon onion juice, 2 teaspoons salt, ¼ teaspoon paprika. When the milk begins to heat beat in 1 cup of peanut butter, using an egg beater. Cream 2 tablespoons of flour and ¼ cup of milk, add to soup and cook 15 minutes, then strain and serve. MRS. C. D. STILWELL.

PIMENTO BISQUE

½ Cup rice; ¾ cup of cream; 3 cups chicken stock; 3 pimentos; ½ teaspoon salt; ¼ teaspoon tabasco sauce; 1 egg yolk.

Wash the rice, cook with the stock until tender, add pimentos and press through a sieve, add the seasonings, bring to a boil and add the egg yolk beaten with the cream. BESS S. PARISH.

POTATO SOUP

Cook 3 medium sized potatoes in boiling water until tender and put through a sieve. Scald a quart of milk to which has been added ½ onion chopped fine, strain the milk

and pour over the potatoes. Melt 1 tablespoon butter or 2 if skimmed milk has been used, add 2 tablespoons flour, 1 teaspoon salt and when well blended add a little cold milk and pour into the mixture, then add 1 tablespoon of chopped parsley, let boil and serve hot with toasted crackers.

Mrs. C. D. Stilwell.

SOUP POWDER

2 Ounces each of parsley, summer savory, sweet marjoram and thyme, 1 ounce each of lemon peel and sweet basil. Dry and pound, sift and keep in a tightly corked bottle.

Mrs. Fred Baumer.

SOUP STOCK

1 25c Soup bone, 1½ gallons of water, 1 bay leaf, 1 onion, 1 garlic button, 1 large potato, 2 or 3 cloves, 1 turnip, 1 slice of toast. Cook slowly 3 or 4 hours and drain off the liquid and use as needed. If desired celery and parsley may be used.

Mrs. Marie Oehm.

SPANISH SOUP

½ Can of corn; ½ can of tomatoes; 1 Bermuda onion; 1 teaspoon salt; 1 teaspoon pepper; 1 pound of ground round steak. Cook 30 minutes. Add water if it has not enough liquor.

Mrs. W. V. Rathbone.

RIVVLE SOUP

Put 1 pint of flour into a bowl, make a hole in the center and break an egg into this. Stir egg into the flour with a fork until dry enough to rub between the palms. Rub until crumbly. Rivvles sprinkle into the soup stock and cook 10 minutes. Rivvles place. Cook longer after the 1 week or ten days in cool

Oehm.

TOMATO SOUP TO CAN

1 Peck of tomatoes; 1 bunch celery chopped; 6 onions. Cook all and put through sieve, put on stove again, add ½ cup sugar, ¼ cup salt. When boiling add ½ cup flour moistened with cold water. Cook and seal hot.

Mrs. D. B. Harvey.

FISH

PIGS IN BLANKETS

1 Dozen large oysters, 1 dozen thin slices bacon, seasoning. Pick over oysters carefully. Roll each in a slice of bacon and fasten ends with skewer. Put in a hot pan and cook until bacon is crisp. Serve very hot.

Mrs. D. A. Lehman.

OYSTERS A LA DEWEY

Allow 6 oysters to each person. Wash and drain 50 good sized oysters, throw them into a hot saucepan and shake over a hot fire until the gills curl. Drain and save the liquor. Put 2 tablespoons of butter in a saucepan, add a tablespoon of green and red peppers chopped, shake until the pepper is thoroughly cooked but not browned, add 2 level tablespoons of flour and mix. Fill a measuring cup half full of the liquor, and fill it up with cream or rich milk; add this to the butter and flour, stir until boiling and add the oysters. Add a level teaspoon of salt, take from the fire, and if you use it, add 2 tablespoons of sherry. Turn at once into the serving dish. Serve hot.

Mrs. G. T. Gaskins.

OYSTER SHORTCAKE

1 Pint flour, 1½ tablespoons butter, ½ cup sweet milk, 1 egg, 2 teaspoons baking powder. Mix as biscuit dough, roll bake in pie pan. While hot split and butter [illegible] melt 3 tablespoons butter, add [illegible] pint hot milk. Heat 1 pint [illegible] add to sauce. Put the rest with cake when cut and served.

Mrs. D. B. Harvey.

SOMERSET HALIBUT

Arrange 6 slices of salt pork in a dripping pan, cover with 1 small onion thinly sliced, and if at hand, a small piece of bay leaf. Wipe 2 pounds of halibut and place on the pork and onions, cover with ¾ cup of buttered cracker crumbs and

arrange thin strips of pork over the crumbs. Cover with buttered paper and bake 50 minutes in a moderate oven. Serve with lemon and parsley. MRS. FRED BAUMER.

BROILED HALIBUT

Have the required number of pieces of halibut sliced about 1 inch thick, season with salt and pepper and lay them in melted butter ½ hour, allowing 3 tablespoons butter to each pound of fish. Roll in flour and broil 20 minutes. Do not turn often as in steak, but finish first side before turning. If your stove has no broiler the fish can be sauted in butter in a skillet. Serve very hot with Tartar sauce or any preferred sauce.

TARTAR SAUCE

¼ Cup butter, 1 teaspoon lemon juice, 1 tablespoon vinegar, ½ tablespoon salt, 1 tablespoon Worcestershire sauce. Mix the other ingredients in a bowl, set in hot water and add the butter.

MRS. M. S. COLEMAN.

FRESH MACKEREL COOKED MOST DELICIOUSLY

Instead of frying mackerel in a spider, place it in a baking pan on a piece of old cotton cloth or thick brown paper. Sprinkle over a little salt and add several pieces of salt pork or butter if preferred. Bake in a hot oven.

MRS. MARSH.

FISH CROQUETTES

2 Cups bread crumbs, 1 cup (left over) fish, chopped fine, 1 cup cold potatoes chopped fine, 1 egg well beaten, 1 tablespoon small onion, chopped fine, salt, pepper and sage, mix well together and fry a nice brown. Season with MRS. FRED BAUMAKES

SAVORY SMOKED HADDOCK

1 Smoked haddock, 4 tablespoons butter, 2 tablespoons milk, juice of ½ lemon, 4 teaspoons flour, 2 teaspoons parsley, pepper to taste. Wash the fish and lay in a baking pan,

pour in boiling water to merely cover it and bake 8 minutes. Then carefully remove skin and bones and lift the fish away in neat, large unbroken pieces, of a convenient size for serving. This can be done the night before wanted. Have milk and butter hot in a fire-proof baking-dish, lay in the fillets of fish after dipping each thickly in the flour. Baste well with the milk and butter, and bake 10 minutes. Then strain in a few drops of lemon juice, add pepper to taste, and the parsley, baste again and serve in the dish in which it was cooked.

BAKED WHITE FISH

Buffalo or cat will do. Take medium sized fish, whole; stuff with cracker crumbs seasoned, and a little chopped celery if convenient. Put lumps of butter over top of fish. Bake in a ordinary baking pan, keeping water enough in to make a sauce. Remove skin before serving. Serve on a platter with 2 hard boiled eggs chopped finely and garnish with parsley and lemon sliced. A 3 or 4 pound fish will bake in 1½ hours.

STUFFED BAKED FISH WITH WHITE SAUCE

Prepare fish for cooking and wash in cold water. Make a dressing of bread crumbs, salt, pepper, melted butter and 1 egg. Stuff the fish and sew together, leaving room for the dressing to raise while cooking. Have hot water and melted butter in the roasting pan with which baste fish every 10 or 15 minutes. In one corner of the pan place a large whi… onion which will absorb all the undesirable str… flavor. Bake at least The fish, however, will not taste of the… over with white sauce, one hour. Place on ho… garnish and … MRS. M. S. COLEMAN.

WHITE SAUCE FOR FISH

1 tablespoon butter, 1 tablespoon flour, 1 cup boiling water, ½ teaspoon salt, 1 salt spoon pepper, 1 tablespoon lemon juice. Rub butter and flour together, add slowly, stirring constantly, the boiling water. Stir until it reaches boiling point and add salt, pepper and lemon juice.

MRS. M. S. COLEMAN.

CRAB MEAT WITH MACARONI

Boil macaroni in 2 quarts salted boiling water 30 minutes. Drain and pour cold water over it to blanch. Place in the bottom of a greased baking dish, a layer of macaroni, then a layer of butter and grated cheese, next a layer of crab meat (canned or fresh) and repeat in layers until material is all used, having top layer butter and cheese. Place in oven and brown. MRS. FRED BAUMER.

CREOLE SHRIMP

Cook together rather low 1 cup tomatoes, 1 green pepper, a little chopped onion, salt and pepper. Add 1 cup veined shrimp and heat thoroughly about 10 minutes. Serve with rice. REBA GASKINS.

TUNA FISH SALAD

Line a dish with 2 cups of shredded lettuce; place contents of 1 can of tuna fish in center; pour over French dressing to which onion juice has been added and cover the top of the fish with celery, put mayonnaise on top. Sprinkle with chopped parsley.

CREAMED BAKED TUNA FISH

Make a regular cream sauce of 1 lump of butter, 1 tablespoon flour, 1 pint milk. Cream 1 can tuna fish in this sauce, stir in about 1 cup bread crumbs, previously fried in Wesson oil, and spread another $\frac{1}{2}$ cup over the top. Bake in hot oven $\frac{1}{2}$ hour. MRS. R. F. BROWN.

SHRIMPS A LA NEWBURG

Cut into small pieces 2 cups of shrimps; melt $\frac{1}{4}$ cup of fat and add 2 tablespoons of flour, cook 3 minutes, add $1\frac{1}{4}$ cups of cream and when the mixture has thickened, pour in the yolks of 2 eggs, slightly beaten, then put in the shrimps. Stir constantly until the shrimps are heated through and the yolks are cooked. Serve on toast.

LOBSTER A LA NEWBURG

Follow above recipe, substituting lobster for shrimp.

P. E. O. LOAF

1 Can salmon, 4 eggs, 1 tablespoon melted butter, ¾ cup rolled crackers. Remove skin and bone from salmon, mix with butter, melted but not hot, until smooth. Beat the eggs and add them to the cracker crumbs. Season all with salt and pepper and mix. Mold into loaf and steam 1 hour. Serve with the following sauce: 1 cup hot milk, 1 tablespoon cornstarch or flour, 1 tablespoon butter, 1 raw egg, dash of red pepper and liquor from the salmon. Melt the butter, add the flour, then the milk, stir until thickened, then add liquor. Beat the egg slightly and add to sauce as it is taken from the stove, beating well.

MRS. D. B. HARVEY.

SALMON CHOWDER

1 Pound can salmon, 1 large potato, 1 small onion, ¼ pound salt pork, 1 cup milk or cream, a few crackers, salt and pepper to taste. Break the fish into small pieces, slice potato and onion and cut the pork into ½ inch dice. Fry pork and onion together until lightly browned and parboil potato. Place alternate layers potato, fish, pork and onion in a large saucepan, dust with salt and pepper. Barely cover with boiling water and let simmer 20 minutes. Scald the milk or cream and add ½ tablespoon butter. Arrange the fish mixture in tureen and pour over it the scalded milk. Serve very hot with crackers.

G. D.

SALMON EN CASSEROLE

Cook 1 cup of rice; when cold line baking dish. Take 1 can of salmon and flake, beat 2 eggs, ⅓ cup of milk, 1 tablespoon of butter, pinch of salt and a dash of paprika. Stir into the salmon, cover lightly with rice. Steam 1 hour and serve with white sauce.

SALMON PIE

Line a pudding dish with hot mashed potatoes about 1 inch or 1½ inches thick, then fill in the center with creamed salmon (seasoned with onion if desired), cover with mashed

potatoes, brush the top with melted butter or milk, and bake until a delicate brown and serve at once.

Mrs. G. T. Gaskins.

BAKED SALMON IN PEPPER CASES

Remove the skin and bones from 1 can of salmon and season with salt, pepper and onion juice. Mix with an equal quantity of cracker crumbs moistened with butter. The mixture should be quite moist; a little milk may be added. Cut lengthwise eight sweet green peppers, remove the seeds, parboil 5 minutes and fill with fish. Put in baking pan, surround pan with hot water and cook until cases are soft but not broken.

BAKED SALMON WIGGLE

1 can of salmon, ½ can of peas, butter size of egg, salt and pepper, milk sauce. Bake about ½ hour.

WHITE SAUCE

1 Pint milk, small piece butter, salt, thicken with heaping teaspoon flour.

Mrs. Marsh.

SALMON IN POTATO BORDER

While potatoes are boiling, prepare the salmon as follows: To 1 can of salmon add 2 tablespoons of butter, 1 teaspoon of salt, 2 cups of milk and 1 cup of bread crumbs. Boil together in a saucepan and rub until smooth; keep in a warm place while potatoes are being mashed and arranged in a border on a platter. Heap the hot salmon in the center; dot the potato border with butter. An extra touch may be added by pouring a cup of white sauce over the salmon and garnishing with slices of hard boiled eggs.

POTATO SURPRISES

Makes an excellent breakfast or luncheon dish. Bake some large potatoes, cut a slice from the top, and with a small spoon scoop out the contents. Place half the amount aside for further use—croquettes, minced potatoes or potato flummery. Mash the remainder, and add its bulk in cooked

fish chopped fine. To every pint of fish and potatoes add a cup of cream, 1 teaspoon of chopped parsley, 1 teaspoon salt, a dash of pepper, and the yolks of 2 raw eggs. Beat well together, then add the whites of eggs whisked to a stiff snow. Stuff the skins, replace the lid, fastening it with a wooden toothpick. Rub the skins over with melted butter, place in a hot oven for fifteen minutes, then serve at once.

MRS. MARSH.

BAKED FISH

10 Pounds fish, place in pan and sprinkle over 1 tablespoon of salt, 1 teaspoon black pepper, 1 tablespoon pepper sauce, $3\frac{1}{2}$ tablespoons tomato catsup, 1 small onion chopped fine and sprinkle in side of fish, then sprinkle 1 cup of flour over fish, and three tablespoons of grease fried out of good bacon, then pour over fish 1 quart of hot water and let bake $2\frac{1}{2}$ hours in moderate oven. MRS. J. B. BLACKMAN.

A GOOD STUFFING FOR FISH

2 Cups of bread crumbs, $\frac{1}{2}$ cup melted butter, 1 lemon (juice), $\frac{1}{2}$ teaspoon of salt and a little pepper, 2 teaspoons of chopped parsley, 1 cup hot water.

SCALLOPED OYSTERS

Crush and roll several handfuls of Boston or other crackers. Put a layer in the bottom of a buttered baking dish. Wet this with a mixture of the oyster liquor and milk, slightly warmed. Next, have a layer of oysters, sprinkle with salt and pepper, and lay small bits of butter upon them. Then another layer of moistened crumbs, thicker than the rest, and beat 1 egg into the milk you pour over them. Stick bits of butter thickly over it. Cover the dish, set it in the oven, bake $\frac{1}{2}$ hour, if the dish is large, remove the cover and brown by setting it upon the upper grate of oven.

MRS. J. B. BLACKMAN.

ENTREES

RED DEVIL

Grate 1 pound yellow cheese, add 1 can tomato soup and 1 can Underwood's deviled ham. Salt and pepper, cook as for Welsh rarebit and serve on crackers.

REBA GASKINS.

POTATO PUFFS

1 Cup cold mashed potatoes, 2 eggs, ½ cup flour, ½ teaspoon salt, 1 teaspoon baking powder. Beat eggs light, add potatoes and flour, salt and baking powder, sifted together. Drop by small spoonsful into hot fat and cook to a golden brown. MRS. M. S. COLEMAN.

RICE CROQUETTES

1 Cup cold boiled rice, 1 pint flour, 1 cup milk, 1 teaspoon salt, 2 eggs, 2 teaspoons baking powder. Beat eggs light and add after other ingredients are well mixed, making a stiff batter. Fry in deep fat. MRS. D. B. HARVEY.

CORN FRITTERS

1 Can corn, 1 cup flour, 1 teaspoon baking powder, 2 teaspoons salt, 2 eggs. Chop corn and add dry ingredients mixed and sifted, then add yolks of eggs beaten until thick and fold in whites of eggs beaten dry. Fry by small spoonsful in hot fat. MRS. M. S. COLEMAN.

BREAD

Bread will keep fresh and soft longer if it isn't worked too stiff with flour.

BREAD IN FOUR HOURS

4 Cups boiling water, 1½ tablespoons sugar, 1½ tablespoons salt, 4 tablespoons lard or substitute, 1 cake compressed yeast, ¼ cup luke warm water, 3 quarts sifted flour. Pour boiling water over lard or substitute and salt. When luke warm add dissolved yeast and 2 quarts flour, beat 2 or 3 minutes. Cover, keep in warm place until double in bulk. Add 2 cups flour and knead until mixture is smooth. Place in floured bowl and let rise again. Knead lightly, shape and place in buttered pans. When double in bulk bake in hot oven. MRS. W. V. RATHBONE.

HOT ROLLS AND BREAD

1 Cake Yeast Foam dissolved in ½ cup water, 3 medium sized potatoes boiled in 1 pint water, 2 heaping kitchen spoons flour, 1 teaspoon salt, 1 tablespoon sugar. Mix at noon. Mash potatoes fine. Pour scalding potato water over flour, potatoes, sugar and salt. When cool add ½ cup water with yeast. Put in warm place until next morning, then take 1 sifter flour, make hole in center, put in 1 tablespoon sugar, 2 teaspoons salt, 1 tablespoon lard or butter, 1 cup yeast, 1 cup water. Beat into flour and then knead. Let rise until double in bulk. Pinch off rolls and mold into loaves. Let rise until double in bulk. Bake rolls 15 minutes and bread 1 hour. MRS. W. V. RATHBONE.

ROLLS

Mix 1 large potato, 1 cake spoon of flour heaping, 1 tablespoon sugar, 1 teaspoon salt, 1 pint of potato water, not boiling. When cool add 1 cake Yeast Foam. Let ferment ½ day and then keep on ice. Take about 1 quart flour, make hole in middle, add 1 tablespoon sugar, ½ teaspoon salt, 1 large tablespoon lard, ¾ cup warm water, ¾ cup

liquid yeast. Beat 20 minutes, gradually pulling in the flour, make into rolls, let rise and bake.

Mrs. Etta Karraker.

PARKER HOUSE ROLLS

Dissolve 1½ cakes of Fleischmann's yeast and 4 tablespoons sugar in 1 pint sweet milk previously scalded and allowed to become lukewarm. To this add 5 tablespoons lard and 2 pints of Woolcott's Cream of Patent flour. Beat until smooth and put in a warm place until light, about 1 hour. Then add 1 teaspoon salt and flour enough to make a soft dough, knead very little. Put in greased bowl and grease top, set in warm place and allow to double in bulk, about 1½ hours. Roll out ½ inch thick on a floured board, cut out with a large sized biscuit cutter, brush top with melted lard and fold over; place in greased pan ½ inch apart, allow to double in size (about ¾ of an hour) and bake in a hot oven 10 to 12 minutes. If they rise too soon for baking time hold back by putting pan in refrigerator or basement.

Mrs. Eva Clark.

PARKER HOUSE ROLLS

1 Cake Fleischmann's yeast, 1 pint scalded milk, 2 tablespoons sugar, 4 tablespoons melted butter or lard, 3 pints sifted flour, 2 teaspoons salt. Scald and cool milk; when luke warm add yeast and sugar, dissolve and add to 1½ pints flour, to which lard or butter has been added. Beat until smooth, cover and let rise in a warm place about 1 hour. Add salt and rest of flour, knead well until dough won't stick to fingers. Cover and put in a warm place to rise for about 2 hours or until double in bulk. Roll out ¼ inch thick, grease, cut out with 2 inch cutter. Crease through center with dull edge of knife, fold over and place in well greased shallow pans 1 inch apart. Bake in hot over 15 or 20 minutes.

Mrs. W. V. Rathbone.

DENVER ROLLS

1 Cake of Fleischmann's yeast soaked in 1 cup warm water. Melt 1 cup lard in 1 quart sweet milk, 1 cup mashed

potatoes, ¾ cup sugar. Mix and add about 2 quarts flour, let rise in warm place over night. Next morning add 1 teaspoon soda, 1 heaping teaspoon baking powder, 1 teaspoon salt, add more flour and mix well with spoon. Knead lightly and let rise. Pinch off dough as needed and roll out ½ inch thick and cut with biscuit cutter. Dough will keep a week or longer. MRS. W. V. RATHBONE.

ROLLS

At noon dissolve ½ cake Yeast Foam in ½ pint water, then add handful sugar and enough flour to make stiff batter or as stiff as biscuit dough, set in warm place till night, then take 1 pint of milk or water with ½ cup lard and ½ cup sugar and let come to a boil, then set aside to cool. When cool add to the yeast that you prepared at noon and add handful salt and enough flour to make stiff dough and place in vessel and set in warm place till morning, when it is ready to make into rolls or bread. Be sure to grease pans well, let rise from 2 to 3 hours and bake in moderate oven. Dough will keep until next day, when more rolls will be desired. MRS. J. B. HETHERINGTON.

BUTTERMILK ROLLS

Heat 1 pint fresh buttermilk to boiling point and stir frequently to prevent curdling, add ½ tablespoon sugar, set aside until luke warm and mix in gradually 1 pint of graham and white flour mixed. Cover closely and let stand over night. In the morning add to the sponge 2 tablespoons molasses, ¾ teaspoon soda dissolved in a tablespoon hot water, 1 teaspoon salt, 2 tablespoons shortening. Beat the batter well, gradually add sufficient white flour to make a dough that can be handled. Knead until very smooth, form into small rolls and bake at once in moderate oven.

MRS. FRED BAUMER.

COLONIAL BREAD

3 Cups flour, ½ cup sugar, ½ cup raisins, ½ cup chopped nuts, 2 cups sweet milk, 1 teaspoon salt, 3 heaping teaspoons baking powder sifted 3 times. Bake in slow oven about 1 hour. MRS. W. V. RATHBONE.

NUT BREAD

2½ Cups flour, 2½ level teaspoons baking powder, ½ cup sugar, ½ teaspoon salt, ¾ cup chopped nuts, 1 egg beaten light, 1 cup sweet milk. Sift flour, baking powder, sugar and salt 3 or 4 times, add nuts and milk to the egg, then stir in the ingredients. Bake 30 minutes in buttered pan.

MRS. W. V. RATHBONE.

NUT BREAD

1 Egg, ½ cup sugar, 1 cup milk, 2½ cups flour, 1 teaspoon baking powder, pinch salt, 1 cup nuts. Bake slowly about ½ hour.

MRS. ROY L. SERIGHT.

NUT BREAD

4 Cups white flour, 2 cups sweet milk, 1 cup chopped nuts, ½ cup sugar, 2 eggs, 4 teaspoons baking powder, 1 teaspoon salt. Let stand in baking pan 20 minutes and bake 45 minutes.

MRS. C. E. COMBE.

NUT BREAD

1 Egg, 1 cup sweet milk, 1 cup sugar, 4 cups flour, 2 heaping teaspoons baking powder, 1 teaspoon salt, 1 cup nut meats. Mix as a cake, put in a bread pan and let rise 20 minutes. Bake 45 or 50 minutes in rather slow oven.

MRS. CLARENCE BONNELL.

NUT BREAD

1 Egg, 1 cup milk, 1 cup sugar, pinch of salt, 3 cups flour, 3 heaping teaspoons baking powder, 1 cup nut meats. This makes 2 loaves. Bake in moderate oven 30 minutes.

MRS. D. B. HARVEY.

BROWN BREAD

1 Cup molasses (New Orleans or sorghum), 1 cup sweet milk, 1 cup sour milk, 2 cups graham flour, 1 cup corn meal, 2 teaspoons soda, 1 teaspoon baking powder, salt to taste. Place in round cans, set in pot boiling water and let boil 3 hours without removing covers from cans.

MRS. J. B. HETHERINGTON.

SOUTHERN SPOON BREAD

Boil 1 pint sweet milk, stir in 1 scant cup corn meal; when cool add 1 teaspoon baking powder, ½ teaspoon salt, 1 tablespoon sugar, 1 tablespoon butter, the beaten yolks of 4 eggs and last the stiffly beaten whites. Bake ½ hour in baking dish and serve hot with plenty of butter.

Mrs. C. E. Combe.

SOUTHERN SPOON BREAD

1½ Cups corn meal, 3 cups buttermilk, ½ teaspoon soda, 1 teaspoon salt, 2 eggs well beaten. Bake 30 minutes.

Mrs. W. V. Rathbone.

SCOTCH SCONES

Sift 2 cups flour, add 1 teaspoon soda dissolved in 1 pint sour milk, mix to a soft dough, roll out 1 inch thick on floured board. Cut in biscuit shape and bake on a hot greased griddle until brown on both sides. Serve with butter.

Mrs. Fred Baumer.

12 SCONES

1 Pint sifted flour, 1 egg, 1 heaping tablespoon lard, pinch of salt, 1 heaping teaspoon baking powder, enough milk for a soft dough, add beaten egg with milk. Roll thin, spread with butter, cut in squares and fold. Bake.

Mrs. C. E. Combe.

STOCKBRIDGE BREAD

½ Cup sifted white corn meal, 1 cup boiling water, 1 tablespoon butter, ½ cup sweet milk, ½ teaspoon salt, 1 egg. Pour meal into water and stir, cook briskly until smooth (about 5 minutes), take from fire and add butter and salt, stir in well, add milk and well beaten egg, beat all hard, put in buttered dish, cook in moderate oven until raised and brown.

Mrs. D. A. Lehman.

GRAHAM LOAF

1 Egg beaten, ½ teaspoon salt, 2 tablespoons sugar, 1 cup sour milk, ½ teaspoon soda, mix all together well, add

enough graham flour to make a little thicker than cake dough, bake 20 minutes in slow oven.

Mrs. D. A. Lehman.

BISCUIT DOUGH SCHNECKEN

To a regular baking powder biscuit dough add an egg. Roll out the dough lightly on a floured board, fill the dough with grated almonds, minced citron, chopped raisins, dabs of jelly and plenty of butter. Bake in greased deep skillet and put bits of butter and sugar over the top of the rolled, filled, snail like schnecken. These are especially nice for afternoon coffee. Mrs. Fred Baumer.

BRAN BREAD

2 Cups clear bran, 1 cup flour, ½ cup molasses with 1 teaspoon soda dissolved in it, 1 cup buttermilk. Flavor if preferred. Make into loaf and bake in slow oven 1 hour. Highly recommended by doctors.

RAISIN PUFFS

2 Eggs, 4 to 6 tablespoons melted butter, 2 cups flour, 1 cup sweet milk, 2 tablespoons sugar, 2 teaspoons baking powder or instead of 1 teaspoon baking soda and 2 teaspoons cream tartar, 1 cup seeded raisins chopped fine, steam ½ hour in tea cups. This seems to make the puffs better flavored. Have either hard or soft sauce to pour over them.

Mrs. Fannie Gaskins.

DATE MUFFINS

⅓ Cup butter, ¼ cup sugar, ¼ teaspoon salt, 1 egg, ¾ cup milk, 2 cups flour, 4 teaspoons baking powder, ¼ pound dates cut fine. Sift dry ingredients and cut dates into it. Cream butter and sugar and add milk and other ingredients. Bake in muffin pans 25 minutes. These muffins are good without the dates or other fruit may be used.

Mrs. C. E. Combe.

POTATO FLOUR MUFFINS

4 Eggs, pinch salt, ½ cup potato flour, 1 teaspoon baking powder, 1 teaspoon melted butter, 2 tablespoons ice water.

Beat whites of eggs very stiff and dry, add salt and butter to beaten yolks and fold into whites, sift flour and baking powder twice and thoroughly beat into egg mixture. Bake in moderate oven 15 or 20 minutes. Not good if they stand over 5 minutes. MRS. FANNIE GASKINS.

PLAIN WHITE MUFFINS

2 Cups flour, 1 cup sweet milk, ¼ cup melted butter, 1 teaspoon soda, 2 teaspoons cream tartar, 2 tablespoons sugar, 1 egg well beaten. Bake in gem pans ½ hour.
MRS. W. V. RATHBONE.

GRAHAM GEMS

1 Cup sweet milk, 1 cup graham flour, 2 teaspoons sugar, 1 egg well beaten, 1 teaspoon baking powder, ½ teaspoon salt. Bake in gem pans in hot oven 15 minutes.
MRS. W. V. RATHBONE.

GRAHAM GEMS

2 Cups sour milk, 1 teaspoon soda, 1 egg, butter size of walnut, 1 teaspoon salt, 1 tablespoon sugar, 1 cup white flour and enough graham flour to make a stiff batter. Bake in gem pans. MRS. M. S. COLEMAN.

WAFFLES

2 Eggs, 1 cup sour milk, 1¾ cups flour, 1 tablespoon melted butter, ½ teaspoon salt, 1 tablespoon sugar, ½ teaspoon soda, 2 teaspoons baking powder. Beat egg yolks light, add, alternately, beating well, the milk and flour. When mixed well add butter, baking powder, salt and whipped whites of eggs. All measurements are level.
MRS. GRACE BAKER.

WAFFLES

1 Egg well beaten, 1 pint buttermilk, 1 teaspoon soda, 1 heaping teaspoon baking powder, 1 teaspoon salt, ¾ pint flour (winter wheat), ¼ pint meal, 2 tablespoons melted fat. It will take less spring wheat flour.
MRS. C. D. STILWELL.

WAFFLES

2 Eggs, 2 tablespoons sugar, 2 heaping tablespoons butter, 1 pint milk, 1 pint flour, 2 heaping tablespoons baking powder, 1 teaspoon salt. Beat yolks of eggs, add sugar, milk, salt and flour; next add melted butter. Just before ready to bake add baking powder and beaten whites of eggs. Cook in hot waffle irons. Eat on empty stomach. Use plenty of butter and maple syrup.

Mrs. Warren G. Harding.

WAFFLES

2 Cups flour (level cups after sifted), 2 cups sweet milk, 2 tablespoons melted Crisco or butter, 1 egg beaten separately, 2 heaping teaspoons baking powder added to the flour, pinch of salt. Mrs. Pauline Wallen, McLeansboro, Ill.

PANCAKES

Sift together 2 cups flour, ½ teaspoon salt, 1 teaspoon soda, 1 teaspoon baking powder, add 2 cups thick buttermilk and beat well; add the yolks of 2 eggs well beaten, and mix thoroughly. Lastly fold in the whites of 2 eggs beaten stiff. Slowly heat griddle just short of heat to burn, grease well, pour on batter and soon as bubbles form turn cake over lightly, brown other side and serve at once. Should cakes fall add a very little more flour.

Mrs. Fannie Gaskins.

CREAM TOAST

1 Tablespoon butter, 2 tablespoons flour, ½ teaspoon salt, rub together while cooking slowly, add 1 pint warm milk stirring constantly until thick. Have bread toasted, heaped in dish and cover with the sauce. Creamed beef may be prepared the same way only omit the salt.

Mrs. D. A. Lehman.

DROP BISCUITS

3 Cups flour, 3 teaspoons baking powder, 2 tablespoons butter or lard, ½ teaspoon salt, 1½ cups milk, sift baking powder, salt and flour, rub in butter, add milk and beat to

a soft dough. Drop by tablespoon on pan an inch apart and bake in hot oven. MRS. D. A. LEHMAN.

BRAN MUFFINS

2 Cups bran, 1 cup flour, 1 teaspoon salt, 2 tablespoons sugar, 1 egg, ½ teaspoon soda, ½ cup molasses, 1¼ cups milk, ½ cup raisins or dates, cut fine. Makes one dozen muffins. Bake ½ hour. Sugar may be omitted.

MRS. D. B. HARVEY.

BRAN BREAD

1 Pint flour, 1 quart bran, ½ cup molasses, 1 teaspoon soda, 1 teaspoon salt, 1 egg, 1 pint sour milk, 1 cup raisins or dates. Bake 50 or 60 minutes, in buttered bread pans.

MRS. D. B. HARVEY.

OATMEAL BREAD

1 Cup oatmeal, 2 cups boiling water, ½ cup molasses, 1 tablespoon butter, ½ tablespoon salt, 1 cake yeast. Scald the oatmeal with hot water and let stand until luke warm. Add molasses, butter, salt and yeast. Add flour to make a soft dough. Put in buttered bread pans to rise. When it has almost doubled in bulk, bake as other bread.

MRS. D. B. HARVEY.

POPOVERS

⅞ Cup milk, 2 eggs, ½ teaspoon salt, 1 cup flour. Beat eggs very light, stir in the milk, add the sifted flour and salt, mixing as little as possible. Butter gem pans and set them in the oven to heat. When hot fill each pan about one-third full of batter. Return to oven and bake about 45 minutes.

MRS. D. B. HARVEY.

ICE BOX ROLLS

Dissolve one cake of Yeast Foam; 1 tablespoon of sugar; 1 pint of warm water; 1 teaspoon of salt; enough flour to make a stiff batter. Let stand until morning. In the morning let one pint of sweet milk come to a boil. Melt 1 cup of lard, and 1 cup of sugar in the boiling milk. When cool

enough, mix this in the batter. Beat 2 eggs until very light and mix into the batter also. Add flour needed and knead 15 minutes, then set to rise. Let stand about an hour, then make the quantity of rolls you need, about three hours before time to cook them. Then cook in moderate oven about twenty minutes. Put rest of dough away in a cool place, well covered. MRS. D. A. LEHMAN.

BREAD

2 Medium or one large potato boiled and mashed, 1 pint of potato water put over potato, 1 teaspoon of salt, 2 tablespoons of sugar, enough flour to make a stiff batter. Soak a cake of Yeast Foam in warm water 30 minutes. Mix all together and let rise in warm place over night. In morning put sifted flour in pan. Put in sponge ½ pint of warm water, 2 tablespoons of sugar, 1 teaspoon of salt, 3 tablespoons of lard. Work in enough flour to keep hands from sticking. Then knead 20 minutes and let rise until twice the size (about 2 hours). Then work down, and then let rise again about 1 hour. Put in pans, then when twice its size bake in slow oven. MRS. M. D. EDDLEMAN.

MEATS

In selecting beef see that the lean is a clear, bright red, the fat firm and a creamy white, never yellow; then you may be reasonably sure that meat is fresh and from a young animal. In selecting poultry the eyes should be bright, the comb red, the nostrils clean and dry, the feet and legs smooth and free from scales, the breast plump and the tip end of the breastbone soft and yielding to pressure. A fowl that has these requirements is young, healthy and at least moderately fat.

The best meat can be ruined by poor cooking, and the poorest cut can be made palatable and nutritious by proper preparation. A roast or steak should be quickly seared on the outside to harden the albumen and retain the juices, and then the heat reduced to finish cooking to make the inside tender and juicy, otherwise your roast, or steak, will be dry and hard; for the same reason never salt your meat until it is almost done. *Never* beat a steak as it crushes the fibers, allowing the juices to escape. If the steak is tough, and you have time, put three or four tablespoons of oil, or melted butter, mixed with an equal amount of vinegar, on a platter and place your steak in that for two hours, turning every 20 minutes, then cook in the usual manner, or if in a hurry take a very sharp knife, and score the meat about one-half inch apart each way on both sides. "The chief reason for the bad opinion in which fried food is held by many is that it always means eating burned fat. When fat is heated too high it splits up into fatty acids and glycerin, and from the glycerin is formed a substance (Acrolein) which is very irritating to the mucous membrane. All will recall that the fumes of scorched fat makes the eyes water. It is not surprising that such a substance, if taken into the stomach, should cause digestive disturbance. Fat in itself is a very valuable food, and the objection to fried foods because they may be fat seems illogical."—*U. S. Department of Agriculture, Farmers' Bulletin* 391.

In boiling or roasting 15 minutes to the pound and 15

minutes longer is the rule for beef and mutton, and 20 minutes to the pound and 20 minutes longer for pork, poultry, veal and lamb. Allow one-third to one-half pound of raw meat for each person to be served, of roast or steak, and one-quarter pound if to be used in a pie, or with vegetables or dressing. Salt meat should be put on in cold water so that it may freshen in cooking. This applies to boiling a ham and to ham sliced for frying, if it is too salty. Put the slices in a skillet and cover with cold water, heat almost to boiling, remove ham and fry in the usual way and it will be sweet and tender. Salt meat requires almost half as long again for boiling or roasting as fresh meat, due to the effect of salt on the tissues. Meat in boiling loses about one-third, in roasting the loss is about one-fourth.

By keeping a supply of dried celery leaves, parsley, bay leaf (to be used sparingly), thyme, peppers, whole cloves, onions, carrots, horseradish, catsup and Worcestershire sauce, any cook need have no trouble in giving variety to the flavor of her meat dishes, either by frying in the fat before searing the meat, or by adding to the sauce to serve with it.

In making sauces or gravies of the fat, about two tablespoonfuls of fat and two tablespoonfuls of flour to one cup of milk or other liquid, is melted, then the flour added and browned and then the milk added slowly and stirred constantly until of the right consistency the product will be smooth.

Some of the more common accompaniments to different meats are:

Boiled Beef—Horseradish, good if mixed with a teaspoonful of prepared mustard and a little whipped cream.

Roast Chicken or Turkey—Cranberry sauce.

Roast Goose or Pork—Apple sauce.

Roast Lamb—Mint sauce.

Boiled Mutton—Caper sauce.

Broiled Steak—Mushroom sauce.

Breaded Veal Cutlets—Tomato sauce.

A Kitchen Bouquet, referred to in many recipes for

soup, may be made as follows: A sprig of parsley, savory and thyme, one leaf of sage and one bay leaf. This will flavor one gallon of soup if cooked in it one hour, and should not remain in it longer.

BROILED STEAK

Have steak cut at least 1¼ inches thick. Wipe clean with damp cloth and trim off excess fat. Grease broiler so steak will not stick. Broil over live coals turning each half minute for 3 minutes, after which the steak may be finished at a lower temperature, turning every minute or two until it is done. Time required varies from 8 to 20 minutes, according to thickness of steak and degree of cooking desired. Sprinkle a little salt, evenly over a hot platter, and place steak on it. Salt and pepper top to taste, dot with bits of butter and serve; or you may use any sauce you like, but avoid masking the flavor of the meat with one that is stronger. MABEL EBERHARD.

PAN BROILING

Heat a heavy iron frying pan smoking hot without adding any fat. Sear the meat on both sides. Decrease the heat and cook slowly until done, turning every 10 seconds.
MABEL EBERHARD.

ROUND STEAK

2 Pounds round steak cut thick, 1½ inches. Season with salt and pepper on both sides. Rub into the meat 2 tablespoons of lard or drippings, roll in flour, place in pan and half cover with water. Cook 1½ hours, in slow oven. Keep pan covered. Add more water if necessary.
MRS. D. B. HARVEY.

FRIED STEAK

Have steak trimmed and ready to fry. Put fat enough in heavy iron pan to come to top of steak, but not to cover. Heat smoking hot. Dip steak quickly into water, then into pan of flour and turn, forming a thick coating on each side. Place in hot fat and let fry to a golden brown. Before turning sprinkle lightly with salt and pepper. Turn and fry

other side the same way, keeping fat quite hot all the time. Cook uncovered. Your steak will be tender and juicy with crisp, golden crust.

Mrs. W. M. Cordier, Clearwater, Fla.

SWISS STEAK

3 Pounds round steak, 1½ or 2 inches thick, ½ cup of flour, 2 tablespoons of butter, salt and pepper to taste. Pound the steak until tissue is thoroughly broken, adding the flour while pounding. Melt butter in frying pan. Put in meat and sear on both sides. Add boiling water and let simmer 2 or 3 hours, or bake in moderate oven same length of time. Mrs. J. J. Morris.

HAMBURGER STEAK

1 Pound lean beef (round), ½ teaspoon of salt, ⅛ teaspoon of pepper, 1 teaspoon chopped celery, 1 teaspoon onion juice. Run meat through grinder, season, shape into small flat cakes and pan broil, just rubbing pan with a little fat.

Mrs. J. J. Morris.

BAKED STEAK

Buy thick steak. Broil first, leaving steak rare. Place in pan and pour over steak 1 small bottle of catsup, same amount of water, 1 onion minced, 1 green pepper cut fine, 1 tablespoon of Worcestershire sauce, salt, pepper, butter, tabasco sauce to taste. Use any vegetable, mushroom, asparagus or cauliflower. If the latter cook first in salt water. Bake 30 minutes in hot oven. Do not turn.

Bess S. Parish.

PLANKED STEAK

Use sirloin steak, cut 2½ inches thick, remove the flank end, also the tenderloin and take out bones. The plank upon which the steak is cooked should be of oak, and soaked in cold water for at least an hour. Heat the broiler and place the plank in the oven. Cook the steak in the broiler and then remove to the hot plank. Around the edge of the plank place mashed potatoes that have been forced out of a pastry bag; onions and green peppers may be placed

on top of steak, which is then placed in the oven for ten minutes. The tenderloin makes nice small steaks and the flank may be used for hamburg steak. G. D.

BREADED BEEF OR PORK TENDERLOIN.

Have tenderloin cut 1 inch thick and flattened with meat cleaver. Season with salt and pepper, dip in beaten egg, then in cracker crumbs and fry until brown in hot fat.
Miss Ruby Rice.

BREADED VEAL CUTLETS WITH TOMATO SAUCE

Divide the cutlet into as many pieces as there are persons to serve. Roll each piece in flour, dip into beaten egg then into bread or cracker crumbs, patting down with the flat side of a knife or spatula. Fry in bacon drippings or lard until the cutlet is a golden brown; let stand in the oven for awhile, that it may cook through. Serve with tomato sauce.

TOMATO SAUCE FOR VEAL CUTLETS

Rub through a sieve 1 cup of cooked tomatoes, adding 1½ cups of cold water, 2 or 3 small onions minced fine, 1 carrot cut fine and a soup bunch; cook 20 minutes and then add 3 tablespoons of cornstarch dissolved in cold water, 1 tablespoon of sugar, pepper and salt to taste, and if you like the flavor, a pinch of mustard; after it has been brought to a boil, let cool for 10 minutes, run through a fine sieve and serve with the cutlets.

FLANK STEAK AND DRESSING

1 Cup soft crumbs, 2 tablespoons parsley, 2 tablespoons celery, 2 tablespoons onion, ½ teaspoon salt, ½ teaspoon paprika, melted butter and enough hot water to moisten. Square steak and lay two strips of bacon on meat, then roll in dressing and tie. Put diced onions and carrots in pan. Bake 1½ hours in slow oven. Mrs. D. A. Lehman.

POT ROAST

Use a cut from the rump or shoulder for a pot roast. Season with salt and pepper and dredge well with flour.

Try out a piece of suet in a Dutch oven, or iron kettle, and add lard to make enough fat to brown the roast well. When brown on both sides add water enough to barely cover roast, and cook slowly, adding more water as needed while cooking. Slices of onion may be browned in the fat before searing the meat. Potatoes may be added to the roast 30 minutes before serving. RUBY RICE.

INEXPENSIVE POT ROAST

Take 3 or 4 pounds of beef from the shoulder. Put a spoonful of lard or suet in a Dutch oven and heat smoking hot, put in the meat and brown well on both sides, then salt and add a small onion cut fine and 1 bay leaf. Cook slowly 1 to 3 hours or until meat is tender. Remove meat and make gravy by adding 1 tablespoonful of flour and 1 cup of hot water. Cook until thick enough and serve.

MRS. GEORGIA FARLEY, St. Louis, Mo.

POT ROAST

Brown an onion finely sliced, in a frying pan with hot bacon fat. Sear a 3-pound chuck roast on both sides. Place the meat in a roaster or heavy pot roasting pan. To the mixture in the frying pan add 2 cups of tomatoes, 2 small onions sliced and ½ cup of raw carrots ground in food chopper. Heat well and pour over the meat. Cover the pan and cook the meat slowly, on top of the stove for 2 hours, basting frequently with the liquid. Season to taste after first hour of cooking.

MRS. VAL B. CAMPBELL, Mcleansboro, Ill.

POT ROAST WITH POTATOES

Take a 3-pound rump roast. Dredge well with flour. Have a Dutch oven or iron kettle with enough lard and suet, equal parts, to brown the roast well on all sides; just before the last side is brown add a tablespoon of flour to the fat and let brown. Salt and pepper the roast and add 1 teaspoon dried powdered parsley, 1 teaspoon powdered celery and 1 bay leaf. Add 1 pint boiling water, cover and cook slowly until meat is tender, adding water as needed. 30

Minutes before serving place medium sized potatoes around the roast, adding water enough to come half way up on the potatoes. Sprinkle the top of each potato slightly with salt. Cook 15 minutes, turn each potato in the gravy and finish cooking. Your gravy should be quite brown and at least a pint to serve with the potatoes. Garnish roast with fresh parsley. MRS. G. T. GASKINS.

SWISS ROAST

Take a round steak 2 or 2½ inches thick and pound into it as much flour as it will take, using the edge of a heavy plate for the pounding. Flour both sides, put meat into a skillet with some lard and brown on each side. Cover with cold water, adding 1 medium sized onion sliced, 1 large tomato sliced, or equal amount of canned tomato, cover tightly and cook 2 hours, adding more water if necessary. Before meat is done salt and pepper to taste. Thicken gravy in pan with a tablespoon of flour and serve in gravy boat. MRS. ORVAL FERRELL.

VEAL STEW

Use a cheap cut of meat for this stew. Neck brisket or plate are good. Cut meat into 1½ inch pieces; salt, pepper and dredge well with flour. Brown well in hot fat and cook slowly, for 2½ or 3 hours. Potatoes, onions and carrots may be added. RUBY RICE.

STEW IN OVEN

1 Can either pressed ham, tongue, deviled ham or salmon. Measure meat minced. Take 3 times as much Irish potato peeled and run through meat chopper, ¼ teaspoon chili pepper, pinch of thyme, salt to taste, 1 onion minced, 1 tomato, ¼ teaspoon mustard. Place all in bean pot, cover with water and bake or stew 1 hour. Just before removing from oven add ½ cup of rich cream.

MRS. J. C. B. HEATON, New Burnside, Ill.

SHOULDER OF VEAL

Buy 5 pounds of shoulder of veal and have the bone

removed. Fill the cavity with dressing and sew or tie in place. Season with salt and pepper and place strips of salt pork on top. Bake and baste occasionally. Dressing: Stale bread, moistened with cold water. Add salt, pepper, sage, 1 tablespoon of minced onion, 1 teaspoon minced parsley, 1 tablespoonful melted butter, 1 egg. Serve with brown sauce made from liquor. Mrs. D. B. Harvey.

MEAT STEW WITH DUMPLINGS

5 Pounds beef, 4 cups potatoes cut in cubes, $\frac{2}{3}$ cup each of turnips and carrots cut in $\frac{1}{2}$ inch cubes, $\frac{1}{2}$ onion chopped, $\frac{1}{4}$ cup of flour, salt and pepper to taste. Put meat on in boiling water, let boil 5 minutes, then simmer for 2 hours or more. Add vegetables $\frac{1}{2}$ hour before meat is done; then the dumplings are put on top of stew 10 minutes before serving.

Dumplings I: 2 cups flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 teaspoons butter, $\frac{2}{3}$ cup broth, or enough to make dough to roll.

Dumplings II: 2 cups of flour, 2 teaspoons baking powder, 1 teaspoon salt and enough milk to make a stiff drop batter.

STEAMED DUMPLINGS

1 Pint of flour, 2 heaping teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, all sifted together four times. Mix with 1 cup of sweet milk, and drop by spoonsful on stew. Let steam 10 minutes without removing cover, when they should be done. Mrs. D. A. Lehman.

COLD ROAST STEW

Cut any cold roast in small pieces. Add any gravy or stock, or enough water to cook onions, carrots, green sweet peppers, salt, pepper and potatoes, if desired, in proportion to amount of meat. Cook all together until vegetables are done. Pour into a casserole. Make biscuits as usual and cut in small size. Cover the top of stew with the biscuit. Bake in hot oven and serve at once.

Mrs. J. H. Crawford.

DIGESTIBLE DUMPLINGS

To 1 egg well beaten add ½ saltspoon of salt, ½ saltspoon of sugar, 1 dessert spoon of soft butter, 1 small cup of milk, and 2 large teaspoons of baking powder sifted with a pint of flour. Add enough flour to make a stiff batter. Do not touch with fingers, but drop by small tablespoons into the boiling meat liquor 8 minutes before serving. Do not allow steam to escape while cooking.

Mrs. Roy L. Seright.

MEAT PIE

Have meat cut up as for stew. Boil until tender and thicken with a little flour. Put in baking pan with plenty of liquor. Make biscuit dough and roll thin, cut out with biscuit cutter and cover top of meat and bake. Serve in pan in which the pie is cooked. The cheaper cuts of meat can be used. Mrs. C. A. Taylor.

VEAL PIE

Boil 1 pound of veal until tender. Make a crust as you would for any meat pie. Have plenty of the broth with salt, pepper and butter. Put the crust in the pan, then the veal, break four eggs into this; a few oysters added is good but not necessary. Put top crust on and bake. Serves four people. Mrs. T. D. Gregg.

MEAT PIE

Veal or beef should be cut into small pieces and stewed until tender with some onion. Add potatoes diced ½ hour before meat is done. Place this in baking dish, salt and pepper to taste. Cover with strips of baking powder biscuit dough and brown in the oven. Ruby Rice.

COTTAGE PIE

Alternate layers of mashed potato and highly seasoned minced beef, baking whole in a pie crust in baking dish.

PATTIES

To 1 cup of chopped cold meat of any kind, add 1 to 1½ cups of boiled rice, ½ cup of chopped onion, 1 egg, salt and

pepper to taste. Mix well and form into patties; roll in toast or bread crumbs, and fry in plenty of fat.

Miss Lena May Sherman, Chicago, Ill.

BEEF LOAF

To 1½ pounds of round steak, chopped, add ½ cup minced onion, salt and plenty of black pepper, 1 egg well beaten, brown 2 cups of bread crumbs in butter, stirring constantly, add to the other ingredients and mix well, if not moist enough add a little cream, milk or water and form into a loaf. Place in a well greased pan or bits of suet may be placed under loaf, cook 30 minutes, pour tomato sauce in pan and bake ¾ to 1 hour longer.

Tomato Sauce for Beef Loaf: 3 cups tomatoes, ½ cup chopped onion, salt and 1 red pepper pod, with seeds removed, take pepper out when same has enough of the pepper flavor. Miss Lena May Sherman, Chicago, Ill.

MEAT LOAF

3 Pounds beef ground, ¼ pound bacon ground, 3 eggs, 3 tablespoons of milk, 1 teaspoon black pepper, 1 teaspoon salt, large, 1 level teaspoon sage, 4 pounded crackers or ½ cup of bread crumbs. Mix the meat, salt, pepper, sage and milk. Beat eggs and add crumbs. Mix all in a loaf, mince 1 green pepper and sprinkle over top. Bake 2½ hours. Baste with butter and water while baking.

Mrs. D. B. Harvey.

MEAT LOAF

To 1½ pounds of round steak of beef or veal, add 1 pound of the lean of pork shoulder and grind all together, including fat of pork. 1½ Cups cracker crumbs, 1 large or two small eggs, 1 cup sweet milk, 1 teaspoon sage, if liked, salt and pepper to taste. Mix well, mould into loaf, sprinkle top with cracker crumbs, dot with butter, put in casserole and pour 1 pint boiling water around it, cover and bake in oven 1½ to 2 hours. When mixed always broil a small bit to see if it has enough seasoning. Some families prefer 2 tablespoons of minced onion, or 2 or 3 cloves of garlic, to the sage, for flavor. Mrs. G. T. Gaskins.

CASSEROLE OF BEEF

Cut lean meat of cold roast beef, or veal, into cubes, removing fat and gristle. Boil ¼ pound macaroni in salted water until tender and drain. Add left over gravy to stewed tomatoes. Put into casserole alternate layers of meat and macaroni, pouring gravy and tomatoes over each meat layer, cover top with fine buttered bread crumbs and bake over medium flame until brown. Allow two cups of gravy and tomatoes to each cupful of meat.

MRS. FRED BAUMER.

MEAT SOUFLE

2 Cups chopped meat, 1 pint milk, 2 eggs, 1 teaspoon butter, 2 tablespoons flour, chopped onion to taste. Heat milk, mix flour and butter and stir into milk, beat yolks of eggs and add to milk, add to meat and onion, mix well and lastly add the whites beaten until stiff. Mix, put in pan and bake until done.

MRS. FRED BAUMER.

BEEF OLIVES

Cut thin slices of steak into 2 by 3 inches. Grate ½ slice bread into crumbs. Mix with this a little salt, pepper and very finely minced suet. Add just enough cold water to hold together, a very little is necessary, and spread a layer of this mixture on each piece of meat, roll and tie with white thread to hold in form of roll or fasten with meat skewers. Flour well and fry in hot fat. Remove olives and make gravy by adding flour and water. Return the meat rolls and cook slowly by side of the fire 2 to 3 hours.

MRS. ED. HEISTER.

VEAL BIRDS

Take strips of veal steak 3x5 inches. Place spoonful of bread dressing, made with onion, on each strip, roll and fasten with toothpicks. Roll in flour and brown in plenty of fat, then add hot water enough to almost cover meat and steam slowly 1½ to 2 hours in moderate oven.

MRS. E. C. JONES, Chicago, Ill.

VEAL BIRDS

Cut thin slices of veal in pieces 2x4 inches. Season and spread with bread dressing, roll and fasten with toothpicks. Roll in flour and brown in hot fat, turning often. When nearly done cover with boiling water or tomato sauce, and let simmer until tender. Serve with the sauce.

RUBY RICE.

VEAL BIRDS

Take thin slices of veal cut from leg and remove bone, skin and fat. Pound until ¼ inch thick and cut into pieces 2½ inches long by 1½ inches wide. Each piece making a bird. Make a dressing of the trimmings of the meat, a piece of thick salt pork, 1 by 1½ inches, chop fine, add to this ½ their measure of fine cracker crumbs. Season highly with salt, pepper, cayenne, lemon and onion juice. Spread each piece of veal with thin layer of this mixture. Avoid getting too close to the edge. Roll and fasten with toothpicks. Sprinkle with salt and pepper, dredge with flour and fry a golden brown in hot butter. Put in stew pan and half cover with cream, cook slowly until tender, about 20 minutes, and serve on small pieces of toast. MRS. D. A. LEHMAN.

PIGS IN BLANKETS

1 Cup raw hamburg steak, 1 cup cooked rice, 1 green pepper chopped fine, tiny bits of onion. Pour boiling water over cabbage leaves, let come to a simmer, take out and fill with ingredients, fasten with toothpicks, put thin slice of bacon on each and bake. MRS. FRED BAUMER.

PIGS IN BLANKETS

Have ready a dozen large oysters and a dozen thin slices of bacon. Roll each oyster in a slice of bacon and fasten ends with toothpicks. Put in a hot skillet or chafing dish and cook until the bacon is crisp. Season with salt and pepper and serve very hot on small pieces of toast.

DRIED BEEF WITH RICE

¼ Pound dried beef, 2 tablespoons of flour, 1½ cups of milk, 2 tablespoons grated cheese, ¼ teaspoon pepper, 2

hard boiled eggs, 1 cup boiled rice. Melt butter in frying pan, add dried beef pulled into small pieces. Cook until edges frizzle up. Sift flour over meat and mix thoroughly with melted butter. Add milk slowly, stirring constantly. Add grated cheese, then the chopped whites of the eggs and pour the whole thing over the hot boiled rice arranged on a platter. Sprinkle the yolks run through a ricer over the top and serve. MRS. FRED BAUMER.

MEAT AND MACARONI

Chop an onion very fine and brown in pan in a little fat. Sear and brown 2 cups of chopped meat in the hot fat, seasoning with salt and pepper. Line a greased dish with macaroni and fill the center with meat. Pour over the meat 2 cups of stewed tomatoes and bake 1 hour in moderate oven. Cooked meat may be used instead of fresh if desired.
MRS. FRED BAUMER.

MEAT WITH MACARONI

To ½ gallon boiling salted water, add ½ package of macaroni broken into small pieces and boil until tender. Drain through colander and pour cold water over to blanch. To 1 pint cooked tomatoes add 5 spice cloves, 2 or 3 cloves of garlic, and cook together about 10 minutes and run through sieve. Take ¾ pound of steak, chop fine and fry in suet. Add the meat and fat in which it was fried and the tomatoes to the macaroni and simmer all together 10 minutes. Put on platter, grate cheese over the top, set in oven until cheese melts and just before serving cover top with buttered croutons. MRS. G. B. RICE.

HUNGARIAN GOULASH

2 Pounds of veal, or 1 pound veal and 1 pound lean pork, 2 large white onions, ½ cup of cream or rich milk, 1 tablespoon of salt, 2 tablespoons of paprika (also known as Hungarian sweet pepper). Take 2 tablespoons of lard in a kettle, let heat, add the minced onions and simmer to a light brown, add meat cut in 2-inch pieces and salt, cook slowly

1 hour, add pepper and cook ½ hour. Just before serving remove from fire, add cream and cook five minutes.

Mrs. Georgia Farley, St. Louis, Mo.

HUNGARIAN GOULASH

Cut round steak in small pieces, season and fry in hot grease, add 1 pint of boiling water and cook slowly 1 hour. Add 1 cup of tomato catsup and cook ½ hour.

Mrs. C. A. Taylor.

PRESSED BEEF

Boil together 3 pounds of beef neck, 3 small onions, salt and pepper to season, until meat is tender. Run through meat chopper. Add enough broth to moisten well. Place a layer of meat then one of pimento in granite or earthenware pan or jar and press 24 hours.

Mrs. D. A. Lehman.

BROWNED HASH

Use any left-over beef you may have and mashed baked or boiled potatoes. Put both meat and potatoes through food chopper with a small amount of onion. Cut bacon in small pieces and fry, then add meat and potatoes and brown on both sides.

Ruby Rice.

TWENTIETH CENTURY HASH

Six baked potatoes. Remove potato from top, leaving rest of skin unbroken. Season with 1 tablespoon cream, 1 teaspoon salt, ⅛ teaspoon pepper and beat up with fork. Add 1 cup any kind of well seasoned chopped beef moistened with gravy, stock or Worcestershire sauce. Fill skins with mixture, place piece of butter on top and reheat in oven. Cheese may be substituted for meat.

CHILI

Put lard the size of an egg in pot or deep skillet. Melt and fry 1 large onion sliced, until brown. Add 1 pound of ground round steak and stir until seared. Add salt, black pepper and chili pepper to taste. 1 Pint of boiling water, 1 pint of tomatoes, 2 medium sized potatoes diced or a cup

of chili beans soaked until tender. Cook slowly 45 minutes and thicken with flour. Mrs. C. E. Combe.

MEXICAN CHILI

1 Cup macaroni cooked in ½ gallon of boiling salted water. Cook uncovered. Slice 1 medium sized onion into 2 tablespoons of meat drippings and fry to a light yellow. Add 1 cup ground beef and sear, then add 2 cups cooked tomatoes, salt and pepper to taste and cook 5 minutes, add boiled macaroni, cook 5 minutes longer and serve hot.

Mrs. Fred Baumer.

CHOP SUEY

Cut 1 pound of veal and ½ pound of lean pork into small squares, add salt and pepper and cook slowly ½ hour. *Do not add any water.* Put in 1 large onion sliced, some celery diced, and 1 dessert spoon of molasses. Cook 30 minutes, stirring constantly, then dust a little flour over the mixture and add little boiling water. Add more salt and pepper if needed, and serve with boiled rice.

Mrs. Ed. Heister.

CHOP SUEY

1 Pound of steak chopped fine and browned in hot drippings; add 2 cups of tomatoes, 3 onions and 1 bunch of celery chopped and cook 20 minutes. Add 1 pint kidney beans and cook 15 minutes. Season with salt and pepper and serve at once. Mrs. Orval Ferrell.

CHOP SUEY AS THE CHINESE MAKE IT

1 Pound of lean cooked pork and 1 stalk of celery cut in dice shape; 1 cup of Chinese dried mushrooms cut in small pieces after being soaked in water; 2 large onions cut in strips, Chinese sauce. Take an iron pot, Dutch oven preferred, have a hot fire, and put into it 1 tablespoon of lard, then add pork and steam 15 minutes, add the celery and onions and steam 4 or 5 minutes, then put enough water to cover and let steam well; add the mushrooms, white pepper and salt, and 2 tablespoons of Chinese sauce and stir well;

keep the lid on and steam 10 minutes longer. (Chinese sauce may be bought at Chinese stores.) Serve the chop suey with rice cooked as follows; Put 1 cup of whole rice into 1½ gallons of boiling salted water and boil 20 minutes. Pour into colander and drain. Dry in oven for 10 minutes.

G. D.

SCRAPPLE

1 Pork shank and 1 beef soup bone. Cover with cold water and cook until meat falls from bones. Remove bones and meat, strain liquid and measure. To 2 quarts of liquid add 1 tablespoon of salt and 1 rounding quart of meal and cook same as mush. If meal is first moistened with cold water it will not lump when put into the hot liquid. When done turn into molds. When cold slice, roll in flour and fry. This mush is delicious cooked in the fireless cooker.

Mrs. C. D. Stilwell.

PONHOSS

Cook a leg soup bone weighing 3 pounds in 2 quarts of water, simmering until done. Remove meat from bone and grind fine. Add the ground meat, 2 teaspoons of salt, and ½ teaspoon of pepper to the broth; bring to boil and stir in cornmeal slowly until thick as mush, or cornmeal and buckwheat may be used in the proportion of two cups cornmeal to one of buckwheat. Stir until well cooked. Pour into molds and when cold slice thin and fry until nicely browned. A splendid breakfast dish. Mrs. Clarence Bonnell.

OATMEAL SCRAPPLE

1 Pound of flank steak, salted and cooked until tender. Cool and grind. Cook one cup of oatmeal in broth; add the ground steak and put in pan to mold. When cold slice, flour and fry a light brown. Delicious.

Mrs. O. M. Karraker.

SOPPINS

Cook 1 large hen until tender. Remove meat from bone and add to broth; then add a can of tomatoes, 1 of corn, 1 of peas, 1 of butter beans, 1 pint of diced potatoes, ½ pack-

age of spaghetti, salt and pepper to taste, a little onion cut fine, and a little red pepper. Cook until rather thick. Nice for moonlight picnics served with rye bread and butter sandwiches, pickles and coffee.

Mrs. Leslie Pickering.

MUTTON CHOPS WITH PEAS

Broil chops as usual. Have peas boiled and seasoned. Heap the peas in the center of round chop plate. Decorate the chops with paper ruffles and arrange them symmetrically around the peas. Mrs. LeRoy Bartlett.

HARICOT OF LAMB

2 Tablespoons of chopped onion, 2 tablespoons of butter or drippings, salt and pepper, 2 cups of water, 1½ pounds of mutton or lamb, cooked lima beans. Select lean meat and cut it into two-inch pieces. Fry the onions in the butter, add the meat, season and brown. Cover with water, cook until tender and serve in border of lima beans, well cooked and seasoned with salt, butter and chopped parsley.

Mrs. LeRoy Bartlett.

ROAST SPRING LAMB AND MINT SAUCE

Rub the leg of lamb with salt water, and while roasting baste frequently with the gravy and salted water. Cook 15 minutes to the pound.

Mint Sauce: To 3 tablespoons of finely chopped young mint leaves, mixed with 2 tablespoons of powdered sugar, add 6 tablespoons of white vinegar or cider, pouring it slowly over the mint. In order to extract the full flavor of the mint the sauce should be made in advance of the dinner hour. Mrs. LeRoy Bartlett.

ROAST MUTTON OR LAMB

Place leg of lamb in covered roaster and place in very hot oven for 20 minutes. Reduce the heat and season meat well with salt and pepper. Pour ½ cup of vinegar over the meat and add 1 cup of water. Baste frequently. Cook until tender and a golden brown. Use liquor for gravy, removing

excess fat and add a lump of brown sugar the size of a hickory nut. Mrs. Grace Lane Raymond, Sidney, Ill.

ESCALLOPED MUTTON OR PORK

2 Cups of mutton or pork, 1 tablespoon of minced onion, 2 hard boiled eggs, 1 cup of white sauce, buttered crumbs to cover. Mix meat, white sauce and onion; cut up eggs and add to other ingredients. Put in baking dish, cover with crumbs and brown in oven. Mrs. G. G. Mugge.

STUFFED PORK TENDERLOIN

Split tenderloin lengthwise and fill with good dressing, fasten together with toothpicks and place in a pan in the oven, without water, until very brown. Then add a small amount of water and cook slowly until tender. Sweet potatoes may be used instead of dressing.

Mrs. G. O. Proffitt, St. Louis, Mo.

POT ROAST OF PORK FOR FOUR

1½ Pounds of compact meat is sufficient for four people if rightly managed. Choose a roasting piece, or better still chops, but do not have separated into chops. First heat the kettle slowly and try out the fat from 1 or 2 slices of salt pork. Rub the meat all over with flour seasoned with salt and a bit of pepper and sear all sides in the hot fat in the kettle, allowing 2 minutes per side. Remove the seared meat to a plate, and put a chopped onion into the kettle and fry it gently. Then add 6 hearts of celery, 2 carrots sliced and a little chopped sweet pepper. Put in the meat, rinsing off the plate with a tablespoon of water. Baste the meat often and cook gently for 1½ hours. A little chopped garlic with the onion is worth while.

Mrs. Sam Whoolery, Bedford, Ind.

PORK CHOP STEW

Stew 6 pork chops with 1 diced potato, 1 onion, 1 tablespoon of butter, a pinch of red pepper pod and salt to taste. When chops are tender, take 1 cup of the broth and mix with flour to a soft dough. Roll very thin, cut in small

squares, add to the stew and cook 10 minutes. Almost as good as chicken stew. MRS. TAYLOR FERGUSON.

BAKED HAM IN MILK

Use a slice of ham about 2 inches thick. Put in a frying pan and cover with sweet milk. Bake slowly 1½ hours; 30 minutes before ham is done, add potatoes cut in thin slices. RUBY RICE.

HAM AU GRATIN

¾ Pound of ground boiled ham, 2 eggs, 1½ cups of bread crumbs, 2 cups of milk, ⅓ teaspoon of white pepper, 1 tablespoon of butter. Place ham and crumbs in alternate layers in a baking dish, adding pepper in mixing. Beat eggs light and add to the milk. Pour liquid over the ham and crumbs. Place butter in dots over the top and bake 30 minutes in a quick oven. MRS. SAM WHOOLERY, Bedford, Ind.

BAKED HAM

Wash and clean a medium sized ham, about 18 pounds, and place in a kettle with enough water to cover, add a small pod of pepper, 2 tablespoons of sugar and parboil 1 hour. Remove from fire and leave the ham in the liquid over night. Next morning place the ham in a roaster, skin side down and bake 2 hours or until tender, in a moderate oven, basting often with a gravy made by mixing flour and a little sugar with some of the water in which the ham was boiled. MRS. TAYLOR FERGUSON.

FRIED CHICKEN

Dress chicken 12 or 15 hours before cooking. Salt 1 hour before cooking. Have fat piping hot. Dry each piece with a cloth, roll in beaten egg then in flour and fry quickly until browned on each side, then slowly 15 minutes, or until tender. MRS. J. H. BERRY, Cottage Grove, Ill.

ROAST CHICKEN FOR TWO

Place ½ cup of rice in pan with 2 tablespoons of butter or oil, stir constantly until browned, salt and pepper to taste, add 1 onion and 1 tomato minced, a pinch of chili

pepper, a pinch of thyme, a pinch of mace, ½ cup of bread crumbs. Bake with ½ of spring chicken. Baste with butter in hot water.

Mrs. J. C. B. Heaton, New Burnside, Ill.

ROAST CHICKEN

Dress, clean, stuff and truss chicken. Place on its back on a rack in a dripping pan. Rub entire surface with salt, and spread breast and legs with a little fat, or fat and flour rubbed together. Dredge bottom of pan with flour. Place in hot oven and when flour is browned reduce heat, then baste. Baste frequently during baking. If necessary add a little boiling water. Turn chicken that it may brown evenly on all sides. When breast meat is tender, bird is sufficiently cooked.

CHICKEN GRAVY

Pour off liquid in pan in which chicken has been roasting. From liquid skim off 4 tablespoons of fat, return fat to pan and brown with 4 tablespoons of flour, add 2 cups of stock in which giblets and neck have been cooked. Cook 5 minutes, season with salt and pepper, then strain. For giblet gravy add the heart, gizzard and liver, chopped fine, to the above.

JELLIED CHICKEN

Cut up a 4 pound chicken. Put in vessel with sliced onion and steam slowly until meat falls from the bones. When half cooked add ½ tablespoon of salt. When done, stock should measure 2 cups, allow to stand a few minutes and skim off fat. Decorate mold (glass bread pans are fine for this purpose) on bottom and sides with parsley and sliced hard boiled eggs; pack in meat, freed from skin and bones and shredded fine, sprinkling with salt and pepper. Pour on stock to which has been added 1 full tablespoon of granulated gelatine, dissolved in a little of the stock. Prepare the day before using. Mrs. A. C. Clark.

JELLIED CHICKEN

Boil a fowl until tender. Put it on in cold water and

bring slowly to a simmer. Let cool in liquor and cut meat from bones. Return skin and bones to liquor with 1 onion, 1 carrot, 1 potato and 1 bunch of celery and cook 1 hour. Strain out vegetables and measure out 3 cups of the broth. Season to taste with salt and pepper. Heat to boiling point and stir in 1½ ounce of gelatine, that has been soaked in cold water, and stir until it is dissolved and strain. When jelly begins to form, arrange chicken in mold and pour over jelly. By adding hard boiled eggs, stoned olives and nuts before molding you have a nice salad. BESS PARISH.

PRESSED CHICKEN

Stew a large fowl in a small amount of water until the meat falls from the bone. When the cooking begins, drop in one small slice of onion, a pinch of parsley and also celery leaves, either green or dry, and a small piece of red pepper, tied in a small bag. Later add salt. When meat has fallen from bones, take it out. Then take bones and break the larger ones. Put them back in the liquor and stew down slowly to about ½ cup. Let stand until next day when the liquor will have jellied. Melt and strain off. Mix with the meat, which has been shredded, and add more salt. Put in pan and place under press until cold. If made in this way prepared gelatine is not needed and the product is richer.

MRS. C. D. STILWELL.

CHICKEN PIE (Delicious)

Cook a chicken until meat drops from the bones. Cook 3 heaping tablespoons of butter and 3 tablespoons of flour together and add 3 cups of stock and 1 cup of milk, salt and pepper to taste and pour over chicken in baking pan. CRUST: Sift together 2½ cups of flour, 2 teaspoons of baking powder, 1 teaspoon of salt. Into this rub lightly ½ cup of butter, or 2 tablespoons of lard, and add 1 egg beaten and 1 cup of sweet milk. Pour this batter over chicken and bake a rich golden brown.

MRS. GEORGE BOWYER, Carbondale, Ill.

CHICKEN AND RICE

1 Large chicken cut as for stew. Salt to taste and cook slowly 2 hours, or until tender. Make a rich gravy of milk and flour beaten to a creamy consistency, and added to chicken broth, and cooked a few minutes. Cook 1½ cups of rice in 1 quart of boiling salted water, in a double boiler, until the grains separate and are quite dry and tender. Place chicken in center of deep platter, make border of the rice, pour gravy over it, garnish with parsley and serve at once.

MRS. GEORGIA FARLEY, St. Louis, Mo.

CHICKEN HOLLANDAISE

2 Cups of cold chicken, cut fine, ¼ cup of butter, 2 tablespoons of lemon juice, ¼ teaspoon of paprika and salt to taste. When thoroughly blended, add ⅓ cup of sweet milk and the beaten yolks of 2 eggs. Stir until it thickens and serve with toast.

MRS. W. V. RATHBONE.

ESCALLOPED CHICKEN

Alternate layers of cold sliced chicken and rice or macaroni. Add white, brown or tomato sauce, cover with cracker crumbs dotted with butter and bake.

CHICKEN SOUFFLE

1 Cup of white sauce seasoned with parsley, thyme and onion. 1 Cup chopped chicken. Beat yolks of 2 eggs and add to mixture while hot. When cold fold in the whites of the 2 eggs beaten very stiff, put in buttered baking dish and bake until brown in hot oven.

ROAST TURKEY

Prepare the turkey the day before roasting. Your dressing will be better if you steam the turkey 30 minutes and use the water in the dressing, reserving at least 1 quart for gravy. Fill crop and vent with dressing to retain juices and place in oven to roast, allowing 20 minutes to the pound, longer if an old bird. Bake dressing, made as follows, in separate pan: To 3 quarts of biscuit, broken in small pieces, add the liquor drained from 1 quart of oysters and enough

of the broth from the turkey to moisten well; 3 eggs, ⅓ cup of butter and salt and pepper to taste (no sage). Be sure and have dressing quite soft. Cook 1 quart of oysters in 1 pint of milk seasoned to taste with salt, pepper and butter. Do not overcook oysters. When ready to serve, place a layer of dressing and one of oysters until dish is full, having oysters on top, and serve with gravy made from broth thickened with milk and flour and cooked to consistency of cream. Chop giblets fine and add to gravy if liked.

Mrs. W. G. Sloan.

HASENPFEFFER

Cut a rabbit into about 7 pieces. Put into a bowl and cover with vinegar. If the vinegar is too strong add a little water. Add a rather large onion, sliced, a few bay leaves and a few whole cloves. Cover and let stand 24 hours. Next day take the rabbit out of the vinegar and fry 15 minutes in a little hot fat in a granite kettle. Then pour the vinegar with the cloves and onion over it, season with salt and pepper and let cook 1½ hours. When ready to serve add 8 gingersnaps which have been dissolved in a little water, cook a few minutes and serve.

Mrs. Henry Heister.

BAKED RABBIT

Leave the rabbit whole, wash thoroughly, salt and let stand over night in a cold place. When ready to cook place on back in a roaster, after dredging with flour and pepper. Mince an onion the size of an egg very fine and place over rabbit, a teaspoon of powdered sage sprinkled over and ⅓ cup of vinegar dropped by spoonfuls to moisten all the rabbit. Have oven hot, put 1 pint of boiling water in bottom of pan and cook uncovered, basting every 5 minutes with water in the pan. When brown on top turn the back of the rabbit over so it will brown also and continue basting. When brown and tender, disjoint and serve at once.

Mrs. G. T. Gaskins.

In frying a grown rabbit, or squirrel, you can destroy some of the "wild" flavor by cooking 10 or 15 minutes in

boiling water. Then roll in flour and fry as usual in plenty of hot fat.

STUFFED HEART

Wash the heart thoroughly inside and out, stuff with the following mixture and sew up the opening: 1 cup broken bread dipped in fat and browned in the oven, 1 chopped onion, and salt and pepper to taste. Cover the heart with water and simmer until tender or boil 10 minutes and set in the fireless cooker for 6 or 8 hours. Remove from the water about ½ hour before serving. Dredge with flour, pepper and salt, or sprinkle with crumbs and bake until brown.—*U. S. Department of Agriculture—Farmers' Bulletin* 391.

BOILED TONGUE

Clean and salt tongue. Boil until tender, take out, drop in cold water and peel. Serve cold sliced or cut in cubes, mix with peppers, celery, pickles and mayonnaise for salad. The flavor may be varied by adding 1 bay leaf, 1 onion, 1 stalk of celery, 1 clove and 1 carrot to the water in which tongue is cooked. MRS G. T. GASKINS

VEGETABLES

TIME TABLE FOR COOKING VEGETABLES IN WATER

Potatoes	25-30 m.	Spinach	30-45 m.
Carrots	35-45 m.	Celery	20-30 m.
Turnips	45 m.	Parsnips	30-45 m.
Beets (young)	45 m.	Green Peas	30-45 m.
Beets (old)	3-4 hrs.	Lima Beans	1 hr. or more
String Beans	1-3 hrs.	Green corn	12-20 m.
Cabbage	30-60 m.	Rice	20-45 m.
Cauliflower	20-30 m.	Macaroni	20-45 m.
Asparagus	20-30 m.	Onions	45-60 m.

GENERAL RULES

Wash thoroughly, pare and scrape, if skins must be removed. Stand in cold water until cooked, to keep them fresh and to prevent them being discolored. Cook in boiling water; the water must be kept at the boiling point. Use 1 teaspoon salt with 1 quart water; the salt may be put into the water when vegetables are partially cooked. The water in which vegetables are cooked is called vegetable stock.

Fresh green vegetables require less water than others.

Cabbage, cauliflower, onions and turnips should be cooked uncovered in a large amount of water.

All vegetables must be drained as soon as tender. Season with salt and pepper and serve with butter or sauce.

Cold vegetables may be used for soup, salads, or may be placed in a baking dish with ½ the quantity of sauce (2 cups vegetables and 1 cup sauce) covered with buttered crumbs and browned in a hot oven.

Canned Vegetables: Wash the can. Empty the contents from the can as soon as opened, and let the vegetable stand some time, that it may become reoxygenated. Beans, peas, asparagus, etc., should be drained and rinsed in cold water.

DRIED VEGETABLES: Wash and soak in cold water several hours before cooking.

—*From Columbia University, New York City.*
By MISS EMMA WRIGHT, Home Adviser.

SAUCES FOR VEGETABLES

WHITE SAUCE I.

2 Tablespoons butter, 1 tablespoon flour, 1 cup milk, ¼ teaspoon salt, few grains pepper. Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings and stir until thoroughly blended, then pour on gradually while stirring constantly, the milk. Bring to the boiling point and let boil 2 minutes.

WHITE SAUCE II.

2 Tablespoons butter, 2 tablespoons flour, 1 cup milk, ¼ teaspoon salt, few grains pepper. Mix as White Sauce I.

WHITE SAUCE III.

2 Tablespoons butter, 3 tablespoons flour, ¼ teaspoon salt, 1 cup milk, few grains pepper. Mix as White Sauce I. This sauce is used for cutlets, croquets and as a binding agent.

DRAWN BUTTER SAUCE

⅓ Cup butter, 3 tablespoons flour, 1½ cups hot water, ½ teaspoon salt, ⅓ teaspoon pepper. Melt ½ the butter, add flour with seasonings, and pour on gradually the hot water. Boil 5 minutes and add remaining butter in small pieces.

BECHAMEL SAUCE

1½ Cups white stock, 1 slice onion, 1 slice carrot, bit of bay leaf, sprig of parsley, 6 peppercorns, ¼ cup butter, ¼ cup flour, 1 cup scalded milk, ½ teaspoon salt, ⅓ teaspoon of pepper. Cook stock 20 minutes with onion, carrot, bay leaf, parsley and peppercorns, then strain; there should be one cupful. Melt the butter, add flour and gradually hot stock and milk. Season with salt and pepper.

TOMATO SAUCE I.

½ Can tomatoes or 1¾ cups fresh stewed tomatoes, 1 slice onion, 3 tablespoons butter, 3 tablespoons flour, ¼ teaspoon salt, ⅓ teaspoon pepper. Cook onions with tomatoes 15 minutes, rub through a strainer and add to the butter and flour, cooked together. If tomatoes are very acid add a few grains of soda. If tomatoes are to retain their red color it is necessary to brown butter and flour together before adding tomatoes.

TOMATO SAUCE II.

½ Can tomatoes, 1 teaspoon sugar, 8 peppercorns, bit of bay leaf, ½ teaspoon salt, 4 tablespoons butter, 4 tablespoons flour, 1 cup brown stock. Cook the tomatoes 20 minutes with sugar, peppercorns, bay leaf and salt; rub through a strainer and add stock. Brown the butter, add flour and when well browned, gradually add the hot liquid.

FRIED APPLES

Slice unpared apples about ½ inch thick. Fry slowly in butter or good drippings. When done sprinkle with sugar and serve very hot. Nice served with pork.

BOILED ASPARAGUS

Wash well one bunch of asparagus. Cut off lower parts of stalks as far down as they will snap, retie in small bunches and place in saucepan with cut ends down. Cook in boiling salted water fifteen minutes or until done, leaving tips out of water. Drain, remove string and spread with soft butter, allowing 1½ tablespoons butter to each bunch of asparagus. Save water in which asparagus is cooked for vegetable soup.

ASPARAGUS IN WHITE SAUCE

Boil asparagus cut in one-inch pieces, drain and add to White Sauce II, allowing 1 cup sauce to each bunch asparagus.

WAYS TO SERVE ASPARAGUS

1. Asparagus on Toast: Serve boiled asparagus on buttered or milk toast, or dip buttered toast lightly and

quickly in the water in which asparagus has been cooked, then add asparagus and serve quickly.

2. Asparagus in Crusts: Remove centers from small rolls after tops have been cut off. Fry in deep fat, drain and fill with Asparagus in White Sauce.

3. Asparagus in Crustades of Bread: Cut stale bread in two-inch slices, and slices in diamonds, squares or circles. Remove centers, leaving cases. Brush over with melted butter, and brown in oven. Fill with Asparagus in White Sauce.

4. Asparagus in Patties: Make the shells of rich puff paste and fill with Asparagus in White Sauce.

Mrs. D. B. Harvey.

ASPARAGUS WITH HOLLANDAISE SAUCE I.

If fresh asparagus is used, wash, cut off tough ends, tie in bunches so that it will stand erect when placed in boiling water. Keep the tips out of the water as it boils, for they will cook more quickly than the stems and become too soft to look well. When tender remove from water and drain and keep hot until served. If canned asparagus is used, drain and cover with boiling water, drain and while hot serve with the following sauce:

Hollandaise Sauce: ½ Cup butter (soft), yolks of 2 eggs, ½ tablespoon vinegar or 1 tablespoon lemon juice, ¼ teaspoon salt and cayenne to taste. Put about half the butter, the lemon juice and eggs in a saucepan which is in a larger pan containing hot water. Stir constantly and as it thickens add gradually the rest of the butter. If it gets too hot it separates, so the water in the under pan must be kept hot but under the boiling point. When thick remove from fire, add salt and cayenne and serve immediately.

Mrs. C. E. Combe.

ASPARAGUS WITH HOLLANDAISE SAUCE II.

Arrange hot asparagus tips on plates covered with several leaves of lettuce and serve with this sauce:

Hollandaise Sauce: Beat yolks of 2 eggs, add 2 tablespoons lemon juice or vinegar and ¼ cup boiling water.

Stir over slow heat until thickened. Add 1 teaspoon salt, ¼ teaspoon paprika and ¼ cup butter creamed. Serve immediately. Mrs. M. S. Coleman.

ASPARAGUS SHORTCAKE

2 Cups flour, 1½ tablespoons butter, ½ cup milk, 1 egg 1½ teaspoons baking powder, ¾ teaspoon salt. Mix as biscuit dough, bake and while warm split cake and spread with butter and pour over the cakes and between them creamed asparagus made in the following manner: 3 Cups milk, 3 tablespoons butter, 3 tablespoons flour, 1½ teaspoons salt. Mix as White Sauce. Cut asparagus in inch lengths, cook in boiling salted water till tender and drain. Mix with sauce, pour over shortcake and serve. Peas and other vegetables may be used in a similar way.

Mrs. D. B. Harvey.

DRIED BEANS

All dried beans require the same preliminary treatment, no matter how they are to be finally cooked and served. Look them over carefully, then wash clean. Soak them over night in plenty of cold water. In the morning pour off the water and put them in a stewpan with cold water enough to cover them generously. Let them come to the boiling point in this water, then drain. Dried lima beans, kidney beans, navy beans, etc., should be treated in this manner, then they are ready to be finished in any way desired. Maria Parloa, U. S. Dept. of Agriculture.

BAKED BEANS.

3 Cups navy beans, 1 pound fresh pork, ½ cup molasses, 2 tablespoons catsup, salt and pepper to taste. Soak, scald and drain the beans as directed above. Put the beans in a baking pan, add the molasses, catsup, salt and pepper. Score the pork on top and bury in the beans. Add water enough to come to the top of the beans but not cover them. Bake from six to eight hours, adding water a little at a time if necessary. Salt pork may be used or the catsup left out.

BOSTON BAKED BEANS

The small white pea bean is the best for "Boston Baked Beans." Wash well one pound of beans and soak over night. In the morning drain and put on to cook well covered with cold water. Let come to a boil and cook 5 minutes. Drain and put in baking pot. Add 1 tablespoon salt, small onion cut very fine, 1 teaspoon mustard, ¼ cup good molasses, or 2 tablespoons of brown sugar, 1 cup tomatoes mashed fine, pepper and parpika. Cover ½ pound of salt pork with beans and pour in boiling water to nearly cover beans. Do not cover tightly and during the last half hour of cooking remove cover entirely to let beans brown. Bake eight hours. MRS. D. B. HARVEY.

BEANS WITH PORK

Boil a medium sized and rather lean pork roast with 1 pint of navy beans until tender, season with salt. Place roast and beans in baking pan and bake 1 hour; do not stir while cooking. They will be brown and crisp.

DRIED LIMA BEANS SAUTE

Wash, soak, scald and drain as for dried beans. Cook until beans are tender but not broken. Drain off the water and save it for soup. For 1 quart of beans put 3 tablespoons of savory drippings or butter in a large bottomed saucepan. When the fat is hot pour in the drained beans seasoned with 1½ teaspoons salt and ¼ teaspoon of pepper. Cook over a hot fire for 10 or 15 minutes, frequently turning the beans over with a fork. Cover and let cook for half an hour where they will not burn. If the beans are liked moist add a cup of meat broth, milk, or water before putting them to cook the last half hour. Instead of the fat, lima beans may be seasoned with White Sauce II, allowing 1 cup of sauce to 1 quart of beans. MRS. D. B. HARVEY.

KIDNEY BEANS

Kidney or other dried beans may be cooked and seasoned as Lima Beans, or seasoned with salt pork as Baked Beans.

GREEN BEANS

½ Gallon green beans when prepared, ¾ pods and ¼ shelled beans, 3 tablespoons fat, 1 tablespoon salt, ¼ tablespoon sugar. Put fat in aluminum vessel with tight fitting lid. When hot enough to fry, add beans, cover tightly and shake occasionally. When juice is cooked out of the beans, add water to cover, the salt and sugar, and cook briskly. If needed add a little hot water at a time while cooking. Beans should cook down until only a small amount of gravy is left, when they are done. MRS. J. H. BERRY.

GREEN BEANS

String and break up beans, shelling those that are large enough. Cover with water, season with salt and fat bacon or fried meat grease. Cook slowly 3 hours. The water should all be cooked out when done. The proportion is about ¼ pound of medium bacon to a gallon of beans.

MRS. C. A. TAYLOR.

WHITE WAX BEANS

The white wax bean has a light yellow pod and is milder in flavor than the green string bean. Wash, break in 1-inch pieces and cook in boiling salted water until tender, allowing 2 teaspoons of salt to 1 quart of water. Drain and serve with White Sauce II or with the following sauce:

SAUCE: 2 Tablespoons bacon drippings, 2 tablespoons flour, 2 tablespoons scraped onion, 2 teaspoons salt, 1 cup milk, dash of white pepper. Heat drippings, add flour and onion and mix well. Add milk slowly, stirring constantly, add salt and pepper and cook 3 minutes.

MRS. D. B. HARVEY.

STRING BEANS

Put 3 or 4 tablespoons of bacon fryings and a sliced medium sized onion in bottom of kettle and fry until about half done. Put in beans and water enough to cover. Boil until tender, using 1 quart of green beans.

BUTTER BEANS

It is best to buy butter beans in the pod and shell them

just before using, as they deteriorate very quickly. Rinse in cold water, put in saucepan, cover with boiling water and boil until tender, from 20 to 30 minutes. When tender there should be little water left. Add 1 teaspoon salt to each quart of beans, a pinch of pepper, and 1 tablespoon of butter; shake the saucepan (do not stir, as that breaks the bean) and pour into tureen.

Butter beans may be served with White Sauce II and 1 tablespoon finely cut parsley or celery tops.

MRS. D. B. HARVEY.

BEANS AND TOMATOES

Boil green beans with bacon and season with salt. Cook beans very low. Have ready tomatoes prepared in this manner: Cook chopped onion in bacon drippings or oil until light brown, add 1 can tomatoes, season with salt, pepper, paprika, Worcestershire sauce, pinch soda, sugar and 1 tablespoon vinegar. Cook until done, add to beans and cook low.

BESS S. PARISH.

BEETS

Wash beets, being careful not to break the skins. Cover generously with boiling water and cook till tender. Young beets will cook in 1 hour, older ones from 2 to 4 hours. When tender drop into cold water and rub off the skins. Slice beets and season with salt, pepper and butter. Serve at once.

SUGARED BEETS

4 Good-sized beets, 3 tablespoons butter, 1½ tablespoons sugar, ½ teaspoon salt. Boil beets tender and slice. Add butter, sugar and salt. Reheat and serve.

MRS. D. B. HARVEY.

BEETS, SOUR SAUCE

Wash 12 small beets, cook in boiling salted water until soft, remove skins and cut beets in slices, cubes, or fancy shapes. Serve with either of the following sauces:

SAUCE: 2 Tablespoons butter, add 2 tablespoons flour, ½ cup hot water, stirring constantly until thick. Add ¼ cup

each of vinegar and cream, 1 teaspoon sugar, ½ teaspoon salt, and a few grains pepper.

SAUCE: 2 Tablespoons butter, ½ cup sugar, ½ tablespoon cornstarch, ½ cup vinegar, let boil 5 minutes. Pour over beets and let stand on back of range ½ hour.

BEET GREENS

Beets are usually thickly sowed, and as the young plants begin to grow they must be thinned out. These plants make delicious greens, and even the tops of ordinary market beets are good if properly prepared. Examine the leaves carefully to be sure there are no insects on them, wash thoroughly in several waters and put over the fire in a large kettle of boiling water. Add a teaspoon of salt for every two quarts of greens; boil rapidly about 30 minutes or until tender, drain off the water, chop well and season with butter and salt. These may also be seasoned with bacon drippings or salt pork.

BRUSSELS SPROUTS

Blanch brussels sprouts in the following manner: Remove the wilted or yellow leaves from the little heads, cut the stalk close to the head and soak in cold salted water for an hour or more. Drain well and put into boiling salted water, allowing 1 teaspoon of salt to 2 quarts of water. Boil rapidly for 15 minutes, depending on the size of the sprouts. Drain in colander and pour cold water over the heads. They are now ready to season. They may be served with Bechamel, Hollandaise, or White Sauce II, using 1 cup of sauce to 1 pint of sprouts.

BRUSSELS SPROUTS SAUTE

1 quart Brussels sprouts, 3 tablespoons butter, ½ teaspoon salt, ¼ teaspoon pepper. Blanch the sprouts and drain well. Put them in a broad bottomed saucepan with the butter and other seasonings. Place over the fire and shake frequently. Cook five minutes and serve hot.

ESCALLOPED BRUSSELS SPROUTS

1½ cups celery cut in pieces, 3 tablespoons butter, 3 tablespoons flour, 1½ cups scalded milk. Blanch the sprouts,

cook soft and drain. Melt the butter, add the celery, cook 2 minutes, add the flour, and pour on gradually the scalded milk, stirring constantly until thick. Add sprouts and turn the mixture into a baking dish, cover with buttered crumbs and bake in a hot oven until brown.

MRS. D. B. HARVEY.

CABBAGE

Cabbage is one of our most useful vegetables, being available during the late fall, winter and spring months when other green vegetables are difficult to procure. Because of a relatively large amount of sulphur which cabbage contains, it is apt to be indigestible and cause flatulence when it is improperly cooked. The quickest and simplest methods of cooking cabbage are the best. The essentials for the proper cooking of this vegetable are plenty of boiling water, a hot fire to keep the water boiling all the time, and thorough ventilation, that the strong-smelling gases, liberated by the high temperature may be carried off in the steam.

Young cabbage will cook in 25 or 30 minutes; late in the winter it may require 45 minutes. The vegetable when done should be crisp and tender, any green portion should retain the color, and the white portion should be white and not yellow or brown. Overcooked cabbage or cauliflower is more or less yellow, has a strong flavor, and is very inferior to the same dish properly cooked. In addition, overcooking is a cause of digestive disturbances, as well as making a very unpalatable dish.—U. S. Dept. of Agriculture, MARIA PAROLA.

TO BOIL CABBAGE

Cut a small head of cabbage into four parts, cutting down through the stock. Soak for half an hour in a pan of cold water to which has been added a tablespoon of salt; this is to draw out any insects that may be hidden in the leaves. Take from the water and cut into slices. Have a large stewpan, half full of boiling water; put in the cabbage, pushing it under the water with a spoon. Boil ten minutes, drain,

put on to cook again in boiling water. Add one tablespoon of salt and cook from fifteen to thirty-five minutes, depending upon the age of the cabbage. Turn into a colander and drain for about 2 minutes. Put into a chopping bowl and mince. Season with butter, pepper and more salt if it requires it. Allow a tablespoon of butter to a generous pint of the cooked vegetable. Cabbage cooked in this manner will be of delicate flavor and may be generally eaten without distress. Have the kitchen windows open at the top while the cabbage is boiling and there will be little, if any, odor of cabbage in the house.

CREAMED CABBAGE

1 Pint cabbage cooked as directed above chopped rather fine. Season with salt if necessary, pepper and 1 cup of White Sauce II. Mix all together and simmer 5 minutes.

CABBAGE COOKED WITH PORK

For a small head of cabbage use about ½ pound of mixed salt pork. Boil the pork gently for three or four hours. Prepare the cabbage as for plain boiled cabbage. Drain well and put on to boil with the pork. Boil rapidly for 25 to 45 minutes. Serve the pork with the cabbage. Ham or corned beef may be substituted for the pork.

CABBAGE WITH SAUSAGE

6 Sausages, 1 quart boiled minced cabbage, ½ teaspoon pepper, salt if necessary. Fry the sausages crisp and brown. Take from the frying pan and pour off all but 3 tablespoons of the fat. Put the minced cabbage in the frying pan and cook 6 minutes. Arrange in a hot dish and garnish with the sausages. Serve mashed potatoes with this dish.

PUREE OF CABBAGE AND POTATOES

1 Pint boiled finely-minced cabbage, 6 medium sized potatoes, 2 tablespoons butter or savory drippings, 2 teaspoons salt, ½ teaspoon pepper, ½ pint hot milk. Peel potatoes and put them in a stewpan with boiling water

enough to cover them. Cook just 30 minutes. Pour off water and mash fine and light. Beat in the hot milk, seasoning and cabbage. Cook about 5 minutes longer.

ESCALLOPED CABBAGE

Cut ½ boiled cabbage in pieces; put one layer in buttered baking dish, sprinkle with salt, pepper and bits of butter, then cracker crumbs. Add another layer with cracker crumbs and butter on top. Moisten with milk, put in the oven until brown on top.

GERMAN SOUR CABBAGE

Soak cabbage in cold water. Slice and put in stewpan of boiling water. Boil briskly 10 minutes and then drain. Put back in pan with 2 tablespoons butter, ½ teaspoon salt, 1 tablespoon finely chopped onion, few gratings of nutmeg, and few grains cayenne; add 1 cup boiling water and cook until tender, then add 2 tablespoons vinegar and ½ tablespoon sugar, letting it cook low.

COLD SLAW

Select a small heavy cabbage, take off outside leaves, and cut in half. With a sharp knife slice very thinly. Soak in cold water until crisp, drain and dry between towels, and mix with sour cream dressing.

Sour Cream Dressing: ½ pint sour cream, 2 tablespoons lemon juice, 2 tablespoons vinegar, 1 tablespoon sugar, 1 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon mixed mustard. Beat the cream with egg beater until smooth, thick and light. Mix the other ingredients together and gradually add to the cream, beating all the while.

Mrs. D. B. Harvey.

CABBAGE IN SALAD

Cabbage should be served often in salads uncooked. It is excellent either alone or combined with other vegetables.

HOT SLAW

Slice cabbage as for cold slaw, using ½ cabbage. Heat in a dressing made of yolks of two eggs slightly beaten, ¼ cup

cold water, 1 tablespoon butter, ¼ cup hot vinegar, and ½ teaspoon salt, stirred over hot water until thickened.

CABBAGE AU GRATIN

Cook cabbage as for plain boiled cabbage. Arrange in a buttered baking dish. Pour over the following sauce, sprinkle with cracker crumbs and bake until crumbs are brown.

Sauce: Melt 2 tablespoons butter, add 2 tablespoons flour, ½ teaspoon salt, pepper to taste. Stir until frothy, then add 1 cup milk, stirring constantly until thick, then add ¼ cup grated cheese. Cook until cheese is melted.

Mrs. D. A. Lehman.

VIRGINIA CABBAGE

Use a pointed head of cabbage. Pull leaves apart but do not cut from stalk at the end. Remove stalk from the center. Mix ground ham or other cold meats with raw eggs, season with salt, pepper, paprika, and Worcestershire sauce. Place the mixture in the center of the cabbage, put the leaves back in place. Put in muslin bag and boil for 1 hour. Serve with White Sauce. Bess S. Parish.

BAKED CABBAGE WITH TOMATOES

Prepare as for Boiled Cabbage and cook with the cabbage 1 large green pepper cut rather fine. Boil 30 minutes and drain. Place cabbage and pepper in buttered baking dish. Season with salt and pepper, and cover well with Tomato Sauce. Lift cabbage with a fork to be sure that the sauce is well mixed with the cabbage. Cover top with buttered bread crumbs and brown in oven. Mrs. D. B. Harvey.

STUFFED CABBAGE

1 Cabbage, 2 ounces fat salt pork and 2 ounces tender beef, chopped fine, 2 tablespoons butter, 2 egg yolks, 1 teaspoon salt, 1 teaspoon parsley, 1 teaspoon minced onion, few grains cayenne, 1 French roll. Soak cabbage 1 hour in cold salted water. Cook in boiling water until thoroughly wilted, about 15 minutes. Drain and cool; unfold leaf by

leaf, until the heart is reached. Remove the center and chop the tender leaves removed. Soak the roll in milk and press dry. Beat the egg and bread together, add the creamed butter and mix with the meat, chopped cabbage and seasoning. Form into a ball and place in the cabbage head. Refold the leaves and bake three to four hours, basting with butter and water. Serve on a round hot platter with the gravy from the pan.

CABBAGE ROLLS

Cabbage leaves may be stuffed with boiled rice or meat mixture, roll and tie. Boil until tender and serve with Tomato Sauce.

SAUER KRAUT

The outside leaves of cabbage should be removed, the core cut crosswise several times and shredded very finely with the rest of the cabbage. Either summer grown or fall cabbage may be used. Immediately pack into a barrel, keg or tub, which is perfectly clean, or into an earthenware crock holding four or five gallons. The smaller containers are recommended for household use. If a wooden container is used line bottom and sides with large outer leaves of cabbage as it is being filled. While packing distribute salt as uniformly as possible, using 1 pound of salt to 40 pounds of cabbage. Sprinkle a little salt in the container and put in a layer of three or four inches of shredded cabbage and pack down gently with a wooden potato masher. Repeat with salt, cabbage and packing until the container is full or the shredded cabbage is all used. Press the cabbage down as tightly as possible and apply a cloth and then a glazed plate or a board which will go inside the container. If using a wooden cover select wood free from pitch, such as basswood. On top of this cover place stones or other weights (using flint or granite and avoiding the use of limestone or sandstone.) These weights serve to force the brine about the cover.

Allow fermentation to proceed for 10 days or 2 weeks, if in a warm room. In the cellar or other cool place 3 to 5

weeks may be required. Skim off the film which forms when fermentation starts, and repeat this daily if necessary to keep this film from becoming scum. When gas bubbles cease to arise, if the container is tapped, the fermentation is complete. If there is a scum it should be removed. As a final step pour melted paraffine over the brine until it forms a layer from ¼ to ½ inch thick to prevent the formation of the scum which occurs if the weather is warm or the storage place is not well cooled. This is not necessary unless the kraut is to be kept a long time. The kraut may be used as soon as the bubbles cease to arise. If scum forms and remains the kraut will spoil. If desired kraut may be canned as soon as bubbles cease to rise.—*U. S. Dept. of Agriculture.*

CAULIFLOWER

This is a most delicious vegetable when properly cooked, and vile when improperly cooked, which generally means over-cooked. Remove all the large green leaves and cut off the stalk. Soak (head down) in a pan of cold water to which has been added 1 teaspoon of salt to each quart of water and a teaspoon of vinegar. Let soak an hour or more in order to draw out the insects hidden in the vegetable. Rinse, drain and put on to cook in a large stewpan, stem end down, and cover well with boiling water. Cook gently with the cover off the pan. A large head will require a full half hour, small heads from 20 to 25 minutes. The cauliflower begins to deteriorate the minute it begins to be overcooked. When tender drain, separate the flowerets. This is ready for seasoning.

CREAMED CAULIFLOWER

Prepare cauliflower as above and mix with White Sauce II, allowing 1 cup of sauce to 1 pint of cauliflower.

CAULIFLOWER WITH HOLLANDAISE

Prepare as for Creamed Cauliflower, using Hollandaise Sauce instead of White Sauce.

CAULIFLOWER SERVED WHOLE

Soak, wash and drain. Tie in thin cloth and cook whole in salted water. Drain and serve whole with White Sauce poured over it. MRS. FRED BAUMER.

CAULIFLOWER A LA HUNTINGTON

Prepare cauliflower as for boiled cauliflower, and cook until soft. Separate in pieces and pour over the following sauce:

HUNTINGTON SAUCE: Mix 1½ teaspoons mustard, 1¼ teaspoons salt, 1 teaspoon powdered sugar, and ¼ teaspoon paprika. Add yolks of 3 eggs slightly beaten, ¼ cup olive oil, and ½ cup vinegar in which ½ teaspoonful finely chopped shallot has been infused 5 minutes. Cook over hot water until mixture thickens. Remove from range and add ½ tablespoon curry powder, 2 tablespoons melted butter, and 1 teaspoon finely chopped parsley.—*Boston Cooking School Cook Book.*

CAULIFLOWER AU GRATIN

Soak cauliflower in salted water 1 hour. Drain and cook whole in salted water until tender, about 25 or 30 minutes. Drain and separate and arrange in a baking dish. Pour over the following sauce, sprinkle with cracker crumbs and bake until crumbs are brown.

SAUCE: Melt 2 tablespoons butter, add 2 tablespoons flour, ½ teaspoon salt, pepper to taste. Stir until frothy, then add 1 cup milk, stirring constantly until boiling, then add ¼ cup grated cheese. Cook until cheese is melted.

MRS. D. A. LEHMAN.

HOT CAULIFLOWER SALAD

Cook until tender 1 head of cauliflower. Drain from the salted water, break in pieces and marinate in the following dressing:

DRESSING: 4 Tablespoons olive oil or Mazola, 4 tablespoons vinegar, 1 teaspoon sugar, 1 teaspoon salt, ¼ teaspoon paprika. Set on back of stove 5 minutes.

MRS. M. S. COLEMAN.

COOKED CELERY

Remove all leaves from the stalks, scrape off all rusted spots, cut into inch pieces and put into cold water. Drain and put on to cook in boiling water. Boil rapidly for 15 minutes, having the cover partly off. Drain; put back on the stove with 1 tablespoon of butter and 1 teaspoon of salt for each quart of celery. Cover and cook slowly for 15 minutes. Shake the pan frequently while celery is cooking. Serve hot.

CREAMED CELERY

Prepare celery as above and cook 25 or 30 minutes. Drain and season with White Sauce II, allowing 1 cup of sauce to 1 pint of celery.

CREAMED CARROTS

Wash, scrape and cut young carrots into ½ inch cubes. Cover with boiling water and let stand 5 minutes. Drain and cook in boiling salted water, to which has been added ½ tablespoon butter, until soft. Drain and add 1 cup White Sauce II to each pint of cooked carrots. Simmer 5 minutes and serve. MRS. D. B. HARVEY.

CARROTS, POULETTE SAUCE

Prepare and cook carrots as above and dress with the following sauce:

SAUCE: 3 Tablespoons butter, 3 tablespoons flour, 1 cup chicken broth, and ½ cup cream. Season to taste with salt and pepper, and just before serving add yolks of 2 eggs and ½ tablespoon of lemon juice. MRS. D. B. HARVEY.

GREEN CORN

This most delicious of summer vegetables is frequently spoiled by over-cooking. If the corn is fresh and tender, as it should be, 15 minutes is enough. If only a few ears are cooked so that the water does not stop boiling, 10 minutes is sufficient. Wrap at once in a thick napkin and send to the table covered, as the skin toughens if allowed to dry while hot.

GREEN CORN OFF THE COB

Cut corn from the cob, being careful not to cut too deeply. Scrape with the back of knife to press all the corn from the hulls. Put in saucepan with salt, pepper and butter. Add enough milk to moisten well and cook from 10 to 20 minutes.

CORN BALLS

1 Cup corn, 2 eggs, ½ cup milk, ¼ cup flour, ½ teaspoon baking powder, salt to taste. Butter the poacher cups and fill ¾ full of the mixture; steam 30 minutes. Serve with roast beef or fried ham. MRS. D. B. HARVEY.

CORN CUSTARD

6 Ears corn, 1½ cups hot milk, ¼ teaspoon salt, ½ teaspoon sugar, 1 tablespoon butter, ½ tablespoon flour, 2 eggs. Melt the butter, mix well with the flour; add the milk gradually, then the seasoning and corn, and last of all the beaten eggs. Pour into a buttered baking dish and bake in a moderate oven for half an hour.

MRS. D. B. HARVEY.

CORN AND CHEESE SOUFFLE

1 Tablespoon butter, 1 tablespoon chopped green pepper, ¼ cup flour, 2 cups milk, 1 cup grated cheese, 1 cup corn, 3 eggs, ½ teaspoon salt. Melt the butter and cook the pepper thoroughly in it; make a sauce by adding the flour, milk and cheese; add the corn, yolks of eggs and seasoning; fold in the stiffly beaten whites; turn into a buttered baking dish and bake in a moderate oven for 30 minutes.

MRS. D. B. HARVEY.

ESCALLOPED CORN

Corn, salt, pepper, butter and cracker or bread crumbs. Arrange in a buttered baking dish in layers of corn, crumbs and seasoning, having the last layer of crumbs. Bake until brown on top.

CORN OYSTERS

1 Pint oysters, 1 can corn, salt, pepper, butter, milk, cracker crumbs. Butter a baking dish. Put in a layer of

corn than a layer of oysters, salt, pepper and butter. Repeat until all ingredients are used. Put a layer of crumbs on top, sprinkle with bits of butter, and add milk until nearly covered. Bake in a fairly hot oven.

Mrs. G. T. Gaskins.

SUCCOTASH

5 Ears of corn, 1 pint green Lima beans, 1 tablespoon butter, ½ teaspoon salt, dash of pepper, 1 cup cream. Cut corn from the cob, add to the beans the last 15 minutes of cooking. The mixture should be cooked nearly dry. Add butter, seasoning and cream, and simmer 10 minutes.

STUFFED CUCUMBER

Cut cucumbers in half lengthwise, scoop out the seeds and fill the hollow with a mixture of cold chopped meat, about ⅔ of a cup, ½ cup fine stale bread crumbs, ½ cup milk, 2 tablespoons butter, white 1 egg, salt, few grains cayenne, a little nutmeg. Lay in a pan with enough butter to keep from sticking. Simmer till the juice flows freely, then add a little good broth, and boil gently till very tender. Lift the slices carefully. Reduce the juice to just enough to cover, and pour over the cooked cucumber.

STUFFED EGG PLANT

1 Egg plant, 1 cup fine bread crumbs, 2 tablespoons chopped onion, 1 tablespoon melted butter, 1 egg beaten, 1 saltspoon salt, 1 saltspoon pepper, 1 large can Underwood Deviled Ham. Cut the egg plant into halves lengthwise without peeling. Cook about fifteen minutes. Remove the pulp. Chop and mix with bread crumbs, tongue and onion, melted butter, egg and seasoning. Fill the halves of the egg plant with this mixture, cover with buttered crumbs and bake about 25 minutes. Can be baked in casserole instead of halves.

Mrs. G. T. Gaskins.

BAKED EGG PLANT

Pare, slice and put inside of egg plant in salt water and boil till tender. Drain and mash. Add yolk of 1 egg, salt,

butter, 1 cup of bread crumbs, a little milk and beaten white of two eggs. Bake 45 minutes. MRS. FRED BAUMER.

FRIED EGG PLANT

Cut the vegetable in slices half an inch thick and pare. Sprinkle with salt and pile them upon one another; put a plate with a weight on top. Let them rest an hour, then remove weight and plate. Add 1 tablespoon water, ½ tablespoon salt, and ½ teaspoon pepper to an egg. Beat well. Dip the slices of egg plant in the egg, then in dried bread crumbs. Fry in deep fat.

ESCALLOPED EGG PLANT

Pare an egg plant and cut in ⅔-inch cubes. Cook in a small quantity of boiling water until soft, then drain. Cook two tablespoons butter with ½ onion, finely chopped, until yellow, add ¾ tablespoon finely chopped parsley and egg plant. Turn into a buttered baking dish. Cover with buttered crumbs and bake until crumbs are brown.

ENDIVE I

Cut fine. Boil 1 potato and mash; mix while hot with endive, season with salt and pepper. Heat 2 tablespoons of bacon fryings, add 2 tablespoons vinegar and pour over the potato and endive.

MRS. FRED BAUMER.

ENDIVE II

Cut endive fine. Slice 1 onion fine and brown in 2 tablespoons bacon fryings; add 1 tablespoon of flour but do not brown. Add 1 cup milk and cook until thick, stirring constantly, then add 2 tablespoons vinegar. Mix 1 hot mashed potato, and 1 chopped hard boiled egg, and the cut endive. Pour the hot sauce over it and serve.

MRS. FRED BAUMER.

GREENS FOR IRON

The green leaves of spinach contain iron and vitamines. Their importance cannot be over-emphasized in the diet, by those who value health. So kindly do most stomachs

take to them that greens are among the foods for invalids and strained spinach water is the first food besides milk given to tiny babies.

Take care in the cooking. Unless your family is trained, choose the mild-flavored greens, such as Swiss Chard. Always cook the greens in steam if you appreciate their food value, or boil them down until no water need be discarded. They should be watched carefully and when tender should be seasoned and eaten at once. The cook is often the cause for her family's dislike for greens. If they cook on, they develop a strong, disagreeable flavor instead of the delicate one they should have.

Don't fail to teach the children to relish the green leaf vegetables, so valuable for their health-giving elements.

Miss Wright, Home Adviser.

GREENS

The most common greens, both cultivated and wild, are as follows: Swiss chard, kale, Chinese cabbage leaves, water cress, endive, turnip tops, spinach, beet tops, dandelion, mustard, pepper cress, lamb's quarter, sour dock, smart weed, purslane, pokeweed sprouts, milkweed.

SPINACH

Spinach should be cut when young and tender. Carefully pick over and wash in several waters to be sure that it is free from all sand. Put into kettle with $\frac{1}{2}$ cup boiling water, cover and let steam for 25 minutes. Remove cover and let cook down, turning often. Chop fine and reheat with salt, pepper and butter. Mound on a serving dish and garnish with hard boiled eggs.

SPINACH

Wash well, boil in salted water until tender, drain and chop fine. Brown flour in meat fryings, add spinach and a little water. Season with salt, pepper and nutmeg.

Mrs. Fred Baumer.

SPINACH WITH CREAM

2 Cups cooked spinach, 2 tablespoons butter, 1 tablespoon flour, 1 teaspoon salt, ½ teaspoon pepper, 1 cup scalded cream. Mince the spinach. Put the butter in a pan on the fire; when hot, add the flour and stir until smooth, then add the minced spinach and salt and pepper. Cook 5 minutes; then add cream, and cook 3 minutes more.

MRS. D. B. HARVEY.

SPINACH WITH EGGS

Wash the spinach and steam until tender. Chop fine, put over fire with a large tablespoon of butter, a little sugar, salt and pepper to taste. Turn into a deep dish, cover with dressing made with yolks of 4 hard boiled eggs rubbed to a paste with a teaspoon of melted butter, one of cream and lastly 1 tablespoon of lemon juice. Spread the dressing over the spinach, garnish with the whites of the eggs.

SPINACH LOAF

Mix 1½ cups of cooked and chopped spinach, 1 cup bread crumbs, 1 well beaten egg, ½ cup grated cheese, 1 tablespoon lemon juice, 1 teaspoon salt, and ⅛ teaspoon pepper. Pour into a greased baking dish and steam over boiling water, or bake in oven 25 minutes. Serve with Tomato Sauce I.

SWISS CHARD

When tender, chard may be cooked like spinach. If the midribs are large, strip the green leaves off and cook like spinach, but cook the ribs as asparagus.

DANDELIONS

Gather only the freshly grown plants; best when the dew is on them. The whole plant, after thorough washing, may be cooked till tender, drained, chopped fine, seasoned with salt, vinegar and a liberal amount of butter. Those who think it bitter may use half spinach or beet, or sorrel, in which case the dandelion should be partly cooked before the more succulent plant is added.

KALE

Kale may be cooked as spinach, or as cabbage, or as Cabbage with Pork.

KOHL-RABI

Kohl-rabi should be used when it has a diameter of 2 or 3 inches. As it becomes large it becomes tough and fibrous. Wash and pare the vegetable and cut in ½ inch cubes. Put into boiling salted water and boil, with the cover partly off the pan, until tender. This will take about 30 minutes. Pour off the water and season with butter, salt, and pepper.

Kohl-rabi may also be served with White Sauce II.

KOHL-RABI AU GRATIN

Kohl-rabi is delicious cooked in this way: Pare, cut in ½-inch dice and cook till tender. Pour into a buttered baking dish, season with salt and pepper, and pour over it a cream sauce made in the following manner: Melt 2 tablespoons of butter, add 2 tablespoons flour, salt and pepper to taste. Add 1 cup of milk and cook until thick, stirring all the time. Add ¼ cup grated cheese, stir until melted and pour sauce over kohl-rabi in baking dish. Melt 1 tablespoon butter in small pan, add ½ cup toasted bread crumbs, stir until thoroughly mixed, then place on top of other ingredients, put in the oven and brown.

Mrs. D. B. Harvey.

DUTCH LETTUCE

Wash carefully 2 heads of lettuce, separate the leaves and tear each leaf into about three pieces. Cut a quarter of a pound of ham or bacon into dice and fry until brown; while hot add 2 tablespoons of vinegar; beat one egg till light, add 2 tablespoons of sour cream and stir into the ham. Stir this over the fire until it thickens and pour it while hot over the lettuce. Mix carefully with a fork and serve immediately.

Mrs. D. B. Harvey.

TO KEEP LETTUCE FRESH

Lettuce is used principally uncooked, either by itself or in combination with other food as salads. To be palatable

it must be crisp and fresh. The best way to keep it fresh is to have a small pail with a tight lid. Put lettuce in the pail, sprinkle with cold water, put the lid on tight and set in icebox. It may also be wrapped in paper.

BOILED ONIONS

Put onions in cold water and remove skins while under water. Put on to cook in boiling water; boil 5 minutes, drain and again cover with boiling water which has been salted. If the onions are very strong change the water twice while cooking, cook from 45 to 60 minutes. When tender, drain, add a little milk, simmer 5 minutes, season with salt, pepper and butter.

CREAMED ONIONS

Cook as Boiled Onions, drain and add White Sauce II until covered. Simmer 5 minutes and serve.

ESCALLOPED ONIONS

Cut Boiled Onions in quarters. Put in a buttered baking dish, cover with White Sauce II, sprinkle with buttered crumbs, and brown in oven. ¼ Cup of cheese may be added to the White Sauce if desired. MRS. D. B. HARVEY.

STUFFED ONIONS

Boil onions in salted water whole, drain and make an opening in center with fork and fill with little dices of bread which have been fried in butter to a golden brown. Pour some of the fried butter over them and sprinkle minced parsley over top.

MISS LENA MAY SHERMAN, Chicago, Ill.

FRIED ONIONS

Remove skins from onions, put on in boiling salted water, cook for 15 minutes and drain. Put 1½ tablespoons butter in hot frying pan, add the onions and fry until well browned, stirring often to prevent sticking. Sprinkle with salt and pepper 1 minute before taking from the fire.

FRENCH FRIED ONIONS

Peel onions, cut in $\frac{1}{4}$ inch slices and separate into rings. Dip in milk, then in flour and fry in deep fat. Drain on brown paper and sprinkle with salt. Nice for garnishing.

STUFFED ONIONS

Parboil onions whole 10 minutes. Turn upside down to cool. Take out part of the center. Fill with equal parts finely chopped cooked meat, stale bread crumbs, and the finely chopped onion which was removed, seasoned with salt, pepper, and enough cream or melted butter mix well. Place in buttered pan, sprinkle with buttered crumbs and bake in moderate oven till onions are soft.

Mrs. D. B. Harvey.

GREEN PEPPERS IN MEXICAN STYLE

Put your green peppers on an iron plate and set over the fire, being careful not to burn; but they must be scorched; let them stand in cold water for an hour after the scorching and the outer skin will then peel off readily; split peppers up the side and remove the seeds. Make a batter of 2 eggs, a teaspoon of salt, a tablespoon of sweet cream, and flour enough to make a batter; dip each pepper in the batter and fry in boiling fat; they will fry a nice golden brown and should be eaten immediately. Mrs. G. T. Gaskins.

STUFFED GREEN PEPPERS WITH BROWN SAUCE

Cut a slice from the stem end of each pepper, remove the seeds and parboil 15 minutes. Cook an onion, finely chopped, in butter until slightly brown and add 4 tablespoons chopped mushrooms and the same amount of lean ham, finely chopped; cook for 1 minute, then add $\frac{1}{2}$ cup of brown sauce and 3 tablespoons of bread crumbs. Let the mixture cool, sprinkle the peppers with salt, and fill with the mixture; cover with buttered bread crumbs and bake 10 minutes.

Mrs. G. T. Gaskins.

STUFFED GREEN PEPPERS

Cut a slice from the stem end of each pepper, remove the seeds and parboil 10 minutes. Place peppers upright in

baking pan. Into medium sized peppers put 2 teaspoons of uncooked rice, salt and a piece of butter the size of a hickory nut. Fill the pepper with tomatoes which have been peeled and mashed. Take the slice from the top of pepper, cut out the stem and put pieces in the pan around the upright peppers; add some of the mashed tomato and water enough to come half way up on the peppers. Bake 45 minutes in a moderate oven. MRS. D. B. HARVEY.

OTHER FILLINGS FOR PEPPERS

1. Soak in water bread crumbs sufficient to make 1 pint when the water is pressed out; mix with 1 teaspoon salt, pepper to taste, ½ teaspoon finely pulverized sage, ½ teaspoon minced parsley, ½ teaspoon minced onion, 2 tablespoons melted butter, 1 egg. Fill peppers and pour over them 1 cup White Sauce II, thinned with 1 cup white stock. Bake 45 to 50 minutes.

2. 1 Cup cooked rice, 2 tablespoons finely cut bacon, 1 tablespoon finely cut onion, 1 hard-boiled egg, 1 raw egg, 1 teaspoon salt, ¼ teaspoon paprika. Put bacon in frying pan, add onion and brown, add rice, the hard-boiled egg, chopped fine, and heat through. Remove from the fire and add the well-beaten raw egg, salt and paprika. Mix well, fill peppers, dust top with bread crumbs, place in deep dish, and bake in hot oven 30 minutes. Macaroni may be used instead of rice.

3. Tomatoes stewed till tender, thickened with fine cracker crumbs and nicely seasoned with salt, pepper and a dash of lemon juice make a good filling.

4. Peppers may be filled with well seasoned chopped meat, with or without the addition of bread crumbs or boiled rice.

PIMENTO ROAST

3 Canned pimentos, ¼ pound cream or cottage cheese, 2 cups cooked lima beans, bread crumbs, butter and water. Chop the first 3 ingredients; mix thoroughly and add bread crumbs until the mixture is stiff enough to form a roll.

Brown in the oven, basting occasionally with butter and water. MRS. D. B. HARVEY.

FRIED PARSNIPS

Scrape and slice lengthwise; boil till tender, drain and season with salt and pepper; dip first in melted butter, then in flour and dust with sugar. Put 2 tablespoons of drippings into a frying pan; when hot put in the parsnips and fry brown. Serve with pork.

STEWED PARSNIPS

Scrape and slice crosswise about ½ inch thick; have a saucepan ready with a half pint of hot water and a tablespoon of butter; add the parsnips, season with salt and pepper, cover closely, and stew until the water is cooked away, stirring occasionally to prevent burning. When done the parsnips will be of a creamy, light brown color.

BOILED PEAS WITH BUTTER

Put peas on to cook in boiling water. When water comes to a boil again, draw peas back where the water will bubble gently. Peas should always be boiled slowly, and with the cover partially off the pan. It is impossible to give the exact time of cooking this vegetable, since so much depends on the maturity of the peas, the length of time they have been picked, etc. Young, tender peas will generally cook in 20 or 30 minutes, and the seasoning should be added while they are still firm and crisp. If the peas are cooked until the green color is destroyed they are overdone and their delicate flavor is spoiled. Add 1 teaspoon of salt the last 15 minutes of cooking. There should be very little water left. Add 2 tablespoons of butter, and if the peas are not the sweet kind, add 1 teaspoon of sugar. Let simmer a little longer and serve.

CREAMED PEAS

Cook as for Boiled Peas and serve with White Sauce II, allowing 1 cup of sauce to 1 pint of peas.

GREEN PEA SOUFFLE

1½ Tablespoons butter, 1½ tablespoons flour, ¼ teaspoon salt, 1 cup milk, ⅛ teaspoon pepper, 3 egg yolks, ¼ teaspoon grated onion or 1 teaspoon chopped mint, 3 egg whites stiffly beaten, 1 pint cooked green peas or 1 can. Make a white sauce of the first four ingredients. Mash the peas and add with the yolks and seasoning to the sauce. Fold in the egg whites and pour into a greased baking dish. Set in a pan of warm water and bake in a slow oven till firm. Do not allow water in pan to boil. MRS. D. B. HARVEY.

PEAS AND CARROTS

Cook peas until tender in boiling salted water and drain. Cook diced carrots till tender, drain and save water in which they are cooked. Make a sauce with 2 tablespoons butter, 2 tablespoons flour, 1 cup of liquor in which carrots were cooked, 1 tablespoon vinegar, 1 tablespoon sugar. Cook until thick and pour over carrots and peas mixed.

BESS S. PARISH.

PEAS IN TURNIP SHELLS

Select turnips of even size, peel and scoop out centers. Drop in boiling salted water and cook until tender. Lift out carefully, drain, and fill with French peas. Pour over peas a rich white sauce, garnish and serve.

MRS. G. O. PROFFITT, St. Louis, Mo.

PEA TIMBALES

Drain and rinse one can of peas, and rub through a sieve. To 1 cup mashed peas add 2 well beaten eggs, 2 tablespoons melted butter, ⅔ teaspoon salt, ⅛ teaspoon pepper, a few grains cayenne and a few drops onion juice. Turn into buttered moulds, set in pan of hot water, cover with oiled paper, and bake until firm. Serve with 1 cup White Sauce, to which is added ⅓ cup canned peas drained and rinsed.

POTATOES AU GRATIN

Boil potatoes, peel either before or after boiling. Left-over potatoes may be used. Dice them. Grease a pan, put in a layer of potatoes, sprinkle with salt and pepper,

moisten with White Sauce, add a layer of freshly diced American cheese, then tiny bits of butter. Add another layer of potatoes, seasoning, sauce, cheese, and bits of butter. Sprinkle cracker crumbs over top layer, add a few more bits of butter and place in the oven until top is browned. These may be baked in ramekins.

MRS. FRED BAUMER.

BAKED POTATOES WITH PIMENTOS

Bake the potatoes and when done scoop out the contents. Mash thoroughly, season with salt, pepper, paprika, butter and a little hot milk, then add chopped pimentos. Put back into shells, sprinkle with crumbs and cheese, and brown in oven.

BESS S. PARISH.

BAKED STUFFED POTATOES

Bake medium sized potatoes until done. Cut open, take the inside out, put in butter, salt, pepper, hot milk, and 1 cup of grated cheese. Put back in shells and sprinkle top with cheese. Brown in oven.

MRS. D. A. LEHMAN.

POTATO BALLS

Mash potatoes and season the same as for mashed potatoes. Make into balls a little larger than a walnut, roll in egg, then in cracker crumbs and fry in deep fat until brown.

MRS. G. O. PROFFITT.

HOT POTATO SALAD

Boil potatoes with jackets on. Peel while warm. Dice, add salt, pepper, chopped celery and a little minced onion. Dice bacon and fry brown, add $\frac{1}{2}$ cup vinegar (diluted if necessary). Pour hot over potato mixture. Add hard cooked eggs if you like. Serve hot.

MRS. FRED BAUMER.

CREAMED POTATOES

Peel potatoes and cut in $\frac{1}{2}$-inch dice. Put on to cook in boiling salted water. Boil 15 minutes and drain. Put back in pan with 1 cup White Sauce II to 2 cups potatoes, add pepper and more salt if necessary. Simmer 10 minutes.

MRS. D. B. HARVEY.

CHEESE AND POTATO CROQUETTES

1 Cup cottage cheese, 2 tablespoons chopped parsley, 1 tablespoon chopped green pepper, ¼ teaspoon soda, ½ teaspoon salt, dash of cayenne, dash of paprika. Mix these ingredients very thoroughly and form into small rolls. Then imbed the rolls in mashed potatoes which have been seasoned with salt and pepper, forming a larger roll of each. Roll the finished croquettes in egg and bread crumbs and fry in deep fat. MRS. D. B. HARVEY.

MASHED POTATOES IN CASSEROLE

To a quart of mashed potatoes add 1 egg, ½ cup cream or milk, a little butter, salt, pepper. Beat all together and place in a well buttered casserole. Chop or cut very fine 1 medium sized onion and sprinkle over top of potatoes. On top of that place small pieces of butter and bake for ½ hour. When ready to serve sprinkle minced parsley over the top.

MISS LENA MAY SHERMAN, Chicago, Ill.

SURPRISE POTATOES

4 Cups mashed potatoes, ½ cup cold meat, ½ teaspoon salt, ¼ teaspoon nutmeg, dash of pepper, dash of paprika, 1 tablespoon onion juice, 2 tablespoons chopped parsley, 1 egg, breadcrumbs. Add salt, pepper, paprika, onion juice and half the parsley to the mashed potatoes; mix well and if too dry add a little cold milk. The meat is put through the food chopper; add the rest of the parsley, a little salt and pepper; mix well. Take a spoonful of potatoes, flatten out, then lay a teaspoon of meat in the center. Put the potatoes around the meat, then form into roll about 3 inches long, being sure that the meat is all covered. Roll in crumbs then in beaten egg, then in crumbs again. Fry in deep fat.

POTATO CAKES

Grate 4 large raw potatoes, add a little salt, 3 eggs, 1 tablespoon flour, ½ teaspoon baking powder. Make into cakes and fry in deep fat. MRS. CARRIE MORRIS.

POTATO OYSTER PATS

Peel and boil potatoes and mash fine, salt to taste, add piece of butter the size of an egg, and 4 tablespoons sweet cream. Beat lightly; when cold work into pats, putting 2 oysters into each. Dip in beaten eggs, roll in cracker crumbs; put butter on the top of each and bake a light brown in a quick oven. MRS. D. B. HARVEY.

POTATO RISSOLES

Boil and mash a few potatoes, add a little finely chopped ham, season with salt and pepper and roll into small balls. Dip into beaten egg, then in bread crumbs and fry in deep fat until brown.

ESCALLOPED POTATOES, RAW

Peel potatoes, cut in ½-inch dice; place a layer in bottom of buttered casserole, season with salt, pepper, bits of butter, and a sprinkle of flour. Repeat layers until casserole is full, using plenty of butter. Place bits of butter on top. Pour milk over potatoes until they are almost covered. Bake 30 minutes, or until tender. MRS. D. B. HARVEY.

POTATO DUMPLINGS FOR SOUP

6 Medium sized potatoes boiled and mashed fine with 1 large tablespoon of butter; 4 eggs broken into potatoes and all beaten together until very light; about 1 tablespoon flour, just enough to keep batter together. Drop from side of spoon in pear shape into boiling soup and cook 3 minutes. Should be as light as feathers.

LOBSCOTT

Pare and cut onions in thin slices. Pare and cut potatoes in ½-inch dice. There should be 1 pint of each. Put onions on to cook in boiling water, and cook 15 minutes; drain, put back on stove, add the potatoes, cover with boiling water and cook 15 minutes longer, adding 1 teaspoon of salt. Drain and add 2 cups White Sauce II.

MRS. ODELPHIA HARVEY, Galesburg, Ill.

COTTAGE PIE

1 Pound beef, 1 medium sized carrot, 1 medium turnip, 1 tablespoon chopped onion, ½ teaspoon salt, ⅛ teaspoon pepper, 1 tablespoon butter, 2 tablespoons flour, ½ cup meat stock, ½ cup milk or vegetable stock, 1 egg. Simmer meat until tender. Cut carrot and turnip in cubes, cook until tender in little water. Save water. Melt fat, add flour and onion and cook until slightly browned. Add stock and milk, cook until thick, remove from fire and stir in egg yolk. Add to meat; cook and mash potatoes, add salt, pepper and beaten egg white. Line baking dish with thick layer of potato, pour in meat mixture, cover with mashed potato. Bake until brown.

POTATOES FOR GARNISHING (Duchess Potatoes)

2 Cups hot potato, 3 tablespoons butter, ½ teaspoon salt, yolks of 3 eggs. Press the potatoes through a potato ricer, add the butter, the salt, and the yolks of eggs slightly beaten. Put the mixture into a pastry bag and press out in the desired shape on a buttered pan. Brown in the oven. Remove with a spatula or broad-bladed knife and use as a garnish for meat or fish. MISS EMMA WRIGHT.

POTATO MARBLES

Wash and peel potatoes. Cut into balls, using a French vegetable cutter. Soak 15 minutes in cold water; take from water and dry between towels. Fry in deep fat, drain and sprinkle with salt. Use for garnishing.

POTATO RIBBONS

Wash and pare large, long potatoes. Cut round and round as if paring an apple. Soak in salt water for an hour, drain, dry between towels, and fry in deep fat; drain and sprinkle with salt. Use for garnishing.

MRS. D. B. HARVEY.

HOW TO USE SMALL POTATOES

Wash small potatoes and cook with the jackets on. Pare, brown in butter, and season with salt and pepper.

SWEET POTATO CROQUETTES

½ Cup hot milk, 2 tablespoons butter, ½ cup sugar, more or less as the potato requires, beaten into 1 pint smoothly mashed sweet potato. Beat 1 egg very light and beat into the mixture; add 1 teaspoon salt, and enough cracker crumbs to make it stiff enough to form into croquettes. Roll in beaten egg, then in cracker crumbs and fry.

Bess S. Parish.

SWEET POTATO CROQUETTES

Boil, peel and mash about 6 good sized sweet potatoes. Add salt, pepper and ½ cup milk or cream. Mold into small cones, place in a pan, pour melted butter over them and bake brown in the oven. Mrs. D. B. Harvey.

CANDIED SWEET POTATOES

Boil, pare and slice sweet potatoes lengthwise. Place in a buttered baking dish; butter each slice and sprinkle well with sugar. Add ½ cup water and cook until syrup is candied and the potatoes are brown.

Mrs. D. A. Lehman.

SWEET POTATOES WITH MARSHMALLOWS

Sweet potatoes may be prepared as above and when almost ready to serve place marshmallows on each slice; put back into oven until marshmallows are soft and browned. Not quite so much sugar is needed.

Or, cook and mash sweet potatoes, and season with salt, pepper and butter. Add a little milk and beat until light. Put into a buttered casserole, place marshmallows on top and brown in the oven.

SALSIFY OR VEGETABLE OYSTER

Scrape, slice crosswise in ½-inch slices, and drop into cold water at once so salsify will not turn dark. Drain; cover with boiling water, boil slowly 45 minutes, drain and cover with 1 cup White Sauce II. Simmer 5 minutes and serve.

The creamed salsify may be turned into a baking dish covered with buttered crumbs and browned in the oven.

SALSIFY CROQUETTES

1 Quart boiled and mashed salsify, 2 eggs, 1 tablespoon melted butter, 1 teaspoon salt, a little pepper, 1 cup flour, 1 teaspoon baking powder. Add the well beaten eggs to the mashed salsify, add salt, pepper and melted butter and flour sifted with baking powder. Mix all well together and drop a tablespoon at a time in deep fat.

OTHER WAYS OF USING SALSIFY

Salsify makes good mock oyster soup. It may also be escalloped as oysters with cracker crumbs, salt, pepper and butter.

SQUASH

Cut squash in halves and take out seeds. Put in a dripping pan with the skin side down and cook in the oven until tender. In this way all the hard work of cutting up the squash is avoided. When tender scrape the pulp out of the shell. No water is used in cooking this way, so there is no need of cooking it down, which is such a slow process.

FRIED SUMMER SQUASH

Cut a tender squash into slices a little less than ½ inch thick and dip into well beaten egg which has been salted and peppered, then into cracker crumbs which have had salt and pepper added. Fry in plenty of fat very slowly. Serve with fresh stewed or ripe fried tomatoes.

Miss Lena May Sherman, Chicago, Ill.

ENGLISH RICE

½ Cup rice, ½ cup pecans, ½ cup cooked tomatoes, 1 saltspoon salt, dash of pepper. Wash, boil and drain rice; strain the tomatoes and add to them the seasoning. Put a layer of rice in the bottom of a baking dish, then a layer of nuts, then rice, then nuts again until the entire quantity is used, making the last layer of rice. Pour the tomatoes over this and bake in a moderate oven 30 minutes.

Mrs. D. B. Harvey.

PORTO RICAN RICE

Cut about an inch and a half cube of salt pork into small cubes and fry out. Into this fat put ½ cup of dry washed rice and stir until thoroughly mixed with grease and hot through, then cut up a medium sized tomato and small onion into this. Season with salt and pepper. Cover with hot water and cook until almost dry.

MRS. C. D. STILWELL.

RICE AND PINEAPPLE

1 Cup rice, 2 cups boiling water, 1 teaspoon salt, 1 can pineapple. Wash rice, drain, and add to boiling water and salt and steam ½ hour. Add juice from pineapple and steam 15 minutes longer. Remove from fire, add pineapple cut in small pieces. Serve hot or cold, with or without cream.

RICE FAN-TAN

Cook ½ cup of well washed rice in 1 pint of milk until very soft. Stir in a heaping tablespoon of sugar and 1 well-beaten egg and remove at once from the fire. Mix in ½ cup of assorted candied fruits—cherries, apricots, and pine-apples—and turn into a shallow, well-buttered pan to cool. When firm cut into strips about 1½ inches wide and 3 inches long; dip in egg and bread crumbs and brown delicately on both sides in butter. Drain, dust with powdered sugar and serve hot.

BAKED STUFFED TOMATOES

Take medium sized tomatoes, wash and wipe dry, scoop out inside and add cracker crumbs, lots of butter, salt and pepper. Refill shells with mixture and put tops on with toothpicks. Bake in hot oven 10 minutes.

MRS. W. V. RATHBONE.

BAKED RIPE TOMATOES

Scald and peel the number of tomatoes needed, scooping out a small tablespoon of the center to make room for the filling. Butter a casserole, placing tomatoes in and scatter pieces taken out of centers around the tomatoes to help form a liquid. For each tomato use 1 level teaspoon of

sugar (for medium sized tomatoes), salt and pepper to taste. Fill the rest of space heaping with cracker or toast crumbs and place a piece of butter on the top of each. Add a little hot water in pan and bake in rather hot oven ½ hour.

Miss Lena May Sherman, Chicago, Ill.

TOMATO CROQUETTES

1 Quart can of tomatoes, 1 medium sized onion, 8 spice cloves; boil together 20 minutes and strain through colander. Add 1½ teaspoons salt, ¼ teaspoon pepper, 1 tablespoon sugar. Melt 4 tablespoons of butter and add ½ cup of cornstarch, and blend to a paste. Add the tomato gradually, cook until it is very stiff, stirring constantly. Cool and add 1 egg well beaten; pour into pan and let set until cold. Cut in squares, roll in beaten egg and cracker crumbs and fry brown in skillet of fairly deep fat.

Mrs. G. T. Gaskins.

FRIED GREEN TOMATOES

Slice green tomatoes, soak in salt water 2 hours, then dip in batter made of flour, egg and water, Fry in fat.

Mrs. P. S. Parish.

SPAGHETTI AND TOMATOES

2 Onions, 2 green peppers, 2 tablespoons butter, 2 tablespoons flour, 1½ cups strained tomatoes, 1 cup spaghetti cooked tender in 2 quarts of boiling salted water. Chop onions and peppers, brown in butter, then add flour, then tomatoes, stirring constantly. Add spaghetti and simmer 10 minutes and serve. Mrs. D. B. Harvey.

SPAGHETTI ITALIAN STYLE

Put a package of spaghetti in boiling water and boil till tender and drain. ¾ Pound American cheese (cream) grated, 1 can Campbell's tomato soup. Melt 2 tablespoons butter and fry 1 medium sized onion till brown. Into a greased baking dish put a layer of spaghetti, cover with the tomato soup, cheese, onion, salt, pepper and dash of cayenne. Continue in layers until all ingredients have been used.

Pour in whole milk until it comes to the top when pressed down with a fork. Bake slowly 1 hour or longer.

Mrs. C. E. Combe.

SPAGHETTI ITALIAN STYLE

Cook spaghetti in salt water until tender, pour in colander, drain well, and let cold water run over it well. Cook a pot roast. To the liquor add 1 can of tomato paste, green peppers and onions chopped fine; cook several hours or until tender. Pour this tomato sauce over spaghetti and grate ¼ pound of Italian cheese and sprinkle over all.

Mrs. G. O. Proffitt, St. Louis, Mo.

CREAMED TOMATOES—FRIED

Pare medium sized tomatoes, cut in half, roll in flour, fry in hot butter till nice brown. Lift into a dish and sprinkle with salt and pepper. Thicken butter in frying pan with 1 tablespoon flour, add teacup of rich sweet milk, boil till thick and pour over tomatoes. Mrs. D. B. Harvey.

TOMATO RAREBIT

2 Tablespoons butter, 2 tablespoons flour, ¾ cup milk, ¾ cup tomatoes, strained, ⅛ teaspoon soda, 1 pound cheese, 2 eggs beaten, salt, mustard and pepper. Cook the butter and flour together, add the milk, and as soon as the mixture thickens add the tomatoes and soda; then add the cheese, eggs and seasoning. Serve hot on toast or crackers.

STUFFED TOMATOES

Cut a thin slice from the stem end of 8 tomatoes, and with a spoon scoop out the juice and pulp. Put a tablespoon of butter in a frying pan over the fire, and when melted add a scant tablespoon of flour. Stir quickly, add ½ cup of stock, and as soon as it boils up add ½ cup of finely chopped veal, salt and pepper to taste, ½ cup of dried bread crumbs and a teaspoon of grated onion. Remove from the fire immediately, and add the pulp and juice of the tomatoes. Fill the tomatoes with this mixture and bake slowly for 20

or 30 minutes. Decorate the dish with parsley and serve hot. MRS. D. B. HARVEY.

BAKED MACARONI WITH CHEESE

1 Cup broken macaroni, 2 quarts boiling salted water, 1 pint White Sauce II, 1 cup grated cheese, 1 cup buttered bread crumbs. Cook the macaroni in the water for 20 to 30 minutes; drain and blanch with cold water. Put the macaroni in a casserole in layers, covering each with cream sauce and grated cheese and making the top layer of bread crumbs. If macaroni is not salted enough add a little to each layer and also a little cayenne. Bake in the oven until crumbs are brown. MRS. D. B. HARVEY.

TURNIPS

This vegetable is generally spoiled by overcooking. The flat, white summer turnip, when sliced, will cook in 30 minutes. If the cooking is prolonged beyond this time, the vegetable grows dark in color and strong in flavor. The winter turnips require from 45 to 60 minutes.

When tender, drain well, put back on the stove and season with salt, pepper and butter. They may be mashed and seasoned with salt, pepper, butter and beaten light with a little cream. Another way to dress turnips is with cream sauce, allowing 1 cup of sauce to 1 pint of turnips.

SOUTHERN FRIED APPLES

Put a rounding tablespoonful of butter or pork drippings in a hot skillet. Then fill the skillet with sliced firm apples, not peeled, and pour over them 1 cup of sugar and 2 tablespoons of water. Cover and cook until heated through and beginning to soften, then remove the cover and turn the apples gently, occasionally, until done. They should be slightly brown and have a waxy syrup.

MRS. D. B. MCGEHEE.

SALADS

CUCUMBER AND PINEAPPLE ASPIC

Juice of 4 lemons, juice from 1 small can pineapple, 2½ teaspoons hot water, 1 cup sugar. Heat all together and add 2½ teaspoons gelatine which has been dissolved in ½ cup cold water; 4 slices pineapple, 2 medium size cucumbers, all cut fine, add few drops green coloring. Mix all together and put in molds. Serve with mayonnaise.

Mrs. Schoeman, St. Louis, Mo.

FRUIT SALAD

For each cup of diced pineapple use ½ cup nut meats, ½ cup marshmallows cut in pieces, and ½ cup chopped dates. Use a boiled salad dressing, substituting pineapple and lemon juice for the liquid in making. Ruby Rice.

PINEAPPLE SALAD

Drain juice from small can pineapple; add hot water to make 2 cups; add 1 cup sugar and let come to a boil. Dissolve 1 tablespoon gelatine in ½ cup cold water and add to juices; cool and pour over sliced pineapple; add 4 small sweet pickles chopped and 1 cup nuts, allow to harden and serve with dressing. Mrs. R. F. Brown.

MARSHMALLOW SALAD

1 Pound marshmallows quartered with scissors, 1 pound white grapes seeded and halved, 1 pound English walnuts, 1 can pineapple cut in cubes. Mix with following dressing half hour before serving: Yolks of 4 eggs, ½ cup sweet milk, juice 1 lemon. Cook until thick. When cool mix with 1 pint whipped cream. Mrs. Jennie Rogers.

APPLE AND DATE SALAD

Cut 3 ripe Jonathan apples in straws to amount of 3 cups, sprinkle with lemon juice; clean ½ pound dates and cut in strips. Mix apples and dates and marinate with French dressing. Allow to stand 1 hour then add ½ cup blanched almonds cut in strips. Serve on lettuce leaves with a mild mayonnaise.

FROZEN SALAD

¼ Cup candied cherries cut in samll pieces, 1 tablespoon lemon juice, ¼ cup orange pulp, ¼ cup crushed pineapple. Dressing: 1 Tablespoon butter, 2 egg yolks slightly beaten, 3½ tablespoons flour, and 3½ tablespoons sugar mixed; 1 teaspoon salt, ⅓ teaspoon paprika, cayenne to taste, ⅔ cup milk, ⅓ cup vinegar. Cook in double boiler until thick; remove from fire and beat 2 minutes. Combine fruit and dressing and add ½ cup cream measured before whipping, and 2 tablespoons pineapple juice. Pack in molds until overflowing, then pack in equal parts ice and salt for 2 hours.

MRS. C. E. COMBE.

EASTER "APPLE" SALAD

Cover required number eggs with boiling water in double boiler, set in lower vessel and allow water in lower vessel to boil gently for 35 minutes. Remove eggs, peel and while hot press in the ends and shape like apples; press a twig and 2 green leaves in one end. Color the entire surface delicately with green coloring, then tint each side lightly with red; chill and when ready to serve put 1 tablespoon mayonnaise around "apple."

TOMATO JELLY WITH BAKED BEANS

Make tomato jelly and pour into ring mold; fill center with baked beans to which has been added finely chopped onion and French dressing.

MRS. C. A. LEDMAN, Boston.

POTATO SALAD

Cut cooked potatoes in cubes, add onion, green peppers, pickles and parsley, all chopped fine; toss together lightly, add thin mayonnaise and fill cups made from medium sized onions or tomatoes.

POTATO SALAD

Boil 8 large potatoes, mash and add 1 small onion, 1 red mango, 2 pickles and some parsley all finely cut; 1 teaspoon each of celery seed and sugar, and salt to taste; moisten

with mayonnaise dressing but leave stiff; butter a glass bread pan (a deep pan is best) and on the bottom and sides place slices of hard boiled eggs; pack potatoes in solidly; make this the day before using. Turn out from mold and slice, placing a tablespoon mild mayonnaise on each slice.

Mrs. A. C. Clark.

WHITE PERFECTION SALAD

1 Quart cabbage shredded fine and crisped in cold water 2 hours, 1 pint marshmallows cut in pieces, 1 can pineapple cut in pieces, and 1 cup blanched almonds cut in strips.

Dressing: Juice of 2 lemons, 2 tablespoons vinegar, $\frac{1}{4}$ cup sugar, 1 tablespoon flour, whites of 2 eggs. Cook until thick. When cool mix with 1 pint whipped cream and combine with salad not longer than half an hour before serving.

Serve on lettuce leaf and garnish with marischino cherries.

Mrs. G. T. Gaskins.

CABBAGE SALAD

1 Small head cabbage shredded fine and crisped in cold water, 1 small onion cut fine; put together, add salt, pepper and 1 tablespoon sugar; open can pimentos, use $\frac{1}{2}$ contents, chop fine and add to cabbage; use all the liquor from the can of peppers and dilute $\frac{1}{2}$ cup vinegar (more or less, according to strength) with it and pour over cabbage; add $\frac{1}{2}$ cup ground roasted peanuts. Mix and serve.

Mrs. A. C. Clark.

CORN SALAD

2 Dozen ears corn cut from cob, 2 large heads cabbage chopped fine, 8 large onions chopped, 6 mangoes chopped, 4 cups sugar, 1 tablespoon pepper, $\frac{1}{4}$ cup salt, $\frac{1}{4}$ cup ground mustard and 3 pints vinegar. Color with turmeric if desired. Mix and boil 12 minutes, can and seal.

Mrs. Andy Gates.

GELATINE SALAD

Soak 1 package gelatine in 2 tablespoons cold water, pour on this 1 cup boiling water, add 1 cup walnut meats, 5 hard boiled eggs minced, 1 can pimentos, 2 sweet pickles, $\frac{1}{2}$

cup onion, all chopped fine, ¼ cup vinegar and salt and pepper to taste; let stand until cold, then stir in 1 cup stiff mayonnaise and chill in individual molds. Serve on lettuce with teaspoon mayonnaise on top.

COMBINATION SALAD

Shred fine 1 small head of cabbage and crisp in cold water; to this add small can of pineapple diced, 1 tablespoon sugar, 1 cup marshmallows cut in halves, 3 small tomatoes sliced, 4 radishes and 2 cucumbers sliced, salt and pepper. Serve on shredded lettuce with mayonnaise on top. Decorate with mango rings. MRS. A. C. CLARK.

A JELLO SALAD

Dissolve 1 package lemon Jello in 1 pint boiling water when beginning to set add ½ can pimentos, ½ cup chopped celery, ½ cup nut meats, ¼ cup chopped onion, ¼ cup chopped pickle and parsley mixed; add 2 tablespoons vinegar. Mold in cups and serve with mayonnaise.

GRAPE NUTS SALAD

2 Packages lemon Jello, 1 orange cut in small pieces, 1 cup nuts cut fine, 1 cup Grape Nuts and 1 package dates cut fine. Prepare Jello as directed on package and when partly set add above ingredients. MRS. R. B. NYBERG.

CHEESE SALAD

Cut 1 can pineapple in cubes, 1 pound cheese grated, 2 cups English walnuts. Mix with mayonnaise.

MRS. JENNIE RODGERS.

COTTAGE CHEESE SALAD

To each cup of cottage cheese add ¼ cup each of nut meats and chopped pimentos; form in balls or pile on a lettuce leaf and serve with mayonnaise.

MISS RUBY RICE.

COTTAGE CHEESE SALAD

1 Pound cottage cheese, 3 hard boiled eggs minced, 3 crackers broken fine, 3 pickles and ½ bunch celery cut fine, 1

pimento chopped, 1 tablespoon sugar. Moisten with mayonnaise. MRS. MINNIE BERRY.

CARROT SALAD

2 Cups chopped cabbage, 1 cup ground raw carrots, 1 cup ground nuts, 3 cucumber pickles chopped. Mix with rich mayonnaise. MRS. J. J. PARISH.

EGG SALAD

8 Hard boiled eggs chopped, 1 bunch celery cut in short pieces, 2 pickles and 1 dozen olives chopped. Moisten with mayonnaise. Add ½ cup grated cheese to make a good cheese and egg salad.

TONGUE SALAD

Chop fine a good sized boiled tongue, salt and pepper to taste; add 1 cup seeded raisins, 1 cup English walnuts, 2 cups celery cut in pieces, 1 tart apple chopped and 2 hard boiled eggs minced. Mask with mayonnaise. Also excellent to substitute chicken for the tongue.

STRING BEAN SALAD

One quart cooked beans, ¼ teaspoon salt, 3 hard boiled eggs, ¼ cup lemon juice, ⅓ cup minced onion, 1 cup chopped celery, 1 cup broken nut meats. Rub egg yolks to a paste with 3 tablespoons olive oil, add salt and lemon juice, stir through beans and let stand 30 minutes. Just before serving add other ingredients. Will serve 12 guests.

MRS. D. A. LEHMAN.

STUFFED TOMATO

Remove skins from uniform sized tomatoes; remove a part of seeds and pulp, sprinkle inside with salt, invert and let stand half hour. Fill with chicken chopped fine and mixed with chopped celery, nuts and mayonnaise.

MRS. L. N. FINLEY.

COCOANUT SALAD

One-half cocoanut grated, 2 chopped apples, 1 cup chopped celery, 2 tablespoons chopped onion, 1 tablespoon

minced parsley, 3 chili peppers (or any sweet peppers). Mix, marinate with French dressing and chill. Serve on lettuce leaf. MRS. G. T. GASKINS.

ASPIC JELLY SALAD

Into 1 quart stock (beef, veal or chicken) put 2 tablespoons each of chopped celery, onion, carrot and green peppers, add salt and pepper to taste, juice of 1 lemon, 3 tablespoons gelatine which has been dissolved in 1 cup cold water, add slightly beaten whites and shells of 3 eggs; bring slowly to boiling point, stirring constantly. When it boils allow to boil 3 minutes without stirring, then let it stand where it will not boil for 10 minutes, strain and mold. Meat, vegetables or fish may be added. Serve with mayonnaise. MRS. D. A. LEHMAN.

CHEESE AND OLIVE SALAD

Mash a cream cheese, moisten with cream, season with salt and pepper; add 6 olives chopped, lettuce finely cut and ½ can pimentos cut in strips. Press in loaf and let stand 2 hours, cut in blocks and serve on lettuce with mayonnaise. MRS. D. A. LEHMAN.

FROZEN PINEAPPLE SALAD

Remove paper from No. 2 can grated pineapple, pack unopened in ice and salt for 3 hours or longer.

To 1 package of Neufchatel cheese (or cottage) add 1 chopped pimento and enough mayonnaise to moisten, form into balls. Take can of pineapple from ice, cut off end, dip in hot water for a second and turn out on bed of lettuce or slice to serve individually, garnish with cheese balls and a spoonful of mayonnaise.

FROZEN HAM SALAD

Two cups cream, 2 cups ground boiled ham, 1 teaspoonful of horseradish, 6 stuffed olives, 3 tablespoons mayonnaise and a bit of cayenne; 3 tablespoons gelatine softened in 3 tablespoons cold water, then dissolved in ½ cup boiling water; when cool combine with boiled ham and the other

ingredients. Fold this mixture into the stiffly beaten cream, turn into a loaf mold, pack in ice and salt for 3 hours, turn out and cut in slices, garnish with sliced stuffed olives and serve with mayonnaise on top.

Mrs. A. C. Clark.

THANKSGIVING SALAD

Parboil turnips in slightly salted water after peeling; cool and carefully hollow centers with a teaspoon to form cups, sprinkle each cup with pepper and brush with butter. Mix together cooked peas and carrots, season well and mix with mayonnaise. Fill turnip cups and serve on lettuce.

HALLOWEEN SALAD

1 Cup tart apples, 1 cup nuts, 1 cup celery. Cut apples in cubes and sprinkle with lemon juice, add chopped celery and nuts; mask with mayonnaise. Serve in apple cups made by taking a slice from stem end and carefully taking out core and pulp. Paste on the sides, eyes, nose and mouth made from paper.

CHRISTMAS VEGETABLE SALAD

Place lettuce leaves on individual plates, on each place a beet cup made by scooping out some of the center from a whole pickled beet with a teaspoon. To 1 cup seasoned peas add ½ cup chopped celery and mix with mayonnaise. Fill cups with vegetable mixture. Put teaspoon mayonnaise on top and place a tiny star cut out of a slice of beet on top of mayonnaise.

CHICKEN SALAD

Mix 1½ cups cold chicken cut in dice, 1 cup celery cut in pieces and 1 cup white cherries stoned and halved. Marinate with 4 tablespoons olive oil mixed with 2 tablespoons vinegar and 1 teaspoon salt. Chill. Just before serving mix lightly with ½ cup mayonnaise. Excellent to substitute cooked veal for chicken.

CHEESE AND GELATINE SALAD

1 Tablespoon gelatine softened in ⅓ cup cold water then dissolved in 1 cup boiling water, adding ½ teaspoon salt, set aside to solidify. When set beat until fluffy; then fold in ½ pound grated cheese, ½ can pimentos chopped, and 1 cup whipped cream. Let stand until set, heap lightly on head lettuce. Place half an apricot on one side and a spoonful of mayonnaise on top. MRS. R. B. REED, Chicago.

MOLDED CHEESE SALAD

Soften 2 tablespoons gelatine in ¼ cup cold water. Add ½ cup boiling water. Stir and cool. When beginning to set add 3 drops tabasco sauce, ½ teaspoon mustard, ⅓ teaspoon salt, ½ cup grated cheese, ¼ cup chopped pimento and ¼ cup finely chopped nuts. Beat ½ cup cream stiff, fold in the gelatine mixture carefully and pour all into a can to mold (wet can with cold water first). When stiff turn out and serve in slices with any preferred dressing.

BEAN SALAD

1 Can kidney beans, 4 eggs cooked hard and sliced, 10c worth sweet pickles, 1 green pepper, 1 red pepper (or canned pimento), 1 tablespoon each of parsley and onion minced. Mix with cooked Salad Dressing No. 1.

MRS. D. B. HARVEY.

POTATO SALAD

2 Quarts potatoes cooked and diced, 3 hard boiled eggs, 2 green and 2 red peppers and 1 onion, all cut fine, 1 teaspoon minced parsley, 2 teaspoons nasturtium leaves, 1 cup celery and ½ cup lettuce, both cut fine. When ready to serve mix with Salad Dressing No. 1, which has been thinned to consistency of heavy cream. MRS. D. B. HARVEY.

TWENTY-FOUR HOUR SALAD

4 Egg yolks, juice of 1 lemon and ¼ cup cream. Put these ingredients in double boiler and cook until thickened; when cold add ½ pint whipped cream, 1 pound seeded white grapes (or white cherries), 1 cup shredded almonds, 2 cups

marshmallows cut in pieces, 1 cup pineapple cut fine. Let stand on ice 24 hours after mixing. This will serve 16 people and may be used as salad or a sweet.

Mrs. M. S. Coleman.

TOMATOES WITH ASPARAGUS

Peel and scoop out medium size tomatoes. Take asparagus tips and cut an inch off the length. Mix lightly with mayonnaise and stand in opening of tomato cups. Chill and serve on lettuce.

MOCK CHICKEN SALAD

½ Pint pecan nuts, ¼ pound shelled almonds, ½ pint English walnuts, 1 pint bread crumbs, 2 eggs, 1 onion, 2 teaspoons salt, 1 cup boiled rice, 1 tablespoon chopped parsley, pepper to taste.

Put all nuts through meat grinder and mix with bread crumbs, seasoning and rice; break in the eggs and mix thoroughly, pack this tightly into a loaf mold, stand mold in boiling water and cook a half hour, turn out and when cool cut in small dice and mix dice with an equal quantity of cut celery. Just before serving mix with mayonnaise.

FROZEN TONGUE SALAD

Add to 1 quart can tomatoes ½ box of gelatine, 1 sliced onion, 1 teaspoon salt, the juice of half a lemon and ½ teaspoon paprika; stand aside a half hour, then boil and strain; when perfectly cold put in freezer and freeze as you would sherbet; make a French dressing and chill thoroughly on the ice. Serve on crisp lettuce leaves with a teaspoonful of the French dressing over it.

TUNA FISH SALAD

½ Package Knox gelatine softened in ½ cup cold water, 1 cup hot chicken broth poured over gelatine and dissolved; 1 large can tuna fish minced, mix with gelatine, pour into mold previously decorated with parsley and pimento. Slice and serve with mayonnaise.

Mrs. D. B. Harvey.

MELON SALAD

Cut small cantaloupe in halves, remove seeds and flesh, cut melon flesh in cubes, mixing with canned pears and bananas cut into small pieces. Place in the melon shells and pour over this a thick syrup dressing made of orange and lemon juice. Garnish with white or red cherries. Makes a nice fruit course for a luncheon.

PEAR SALAD

Pack 1 can Bartlett pears in ice and rock salt. Let stand 5 hours, serve the frozen pears on head lettuce with a sweet salad dressing and whipped cream and garnish with red cherries. MINNIE SPURLOCK RICE, Chicago.

CHEESE SALAD

Soak ½ envelope Knox gelatine in ¼ cup cold water and dissolve over hot water. Moisten 2 cream cheese with a little sweet cream and work until smooth. Add ½ cup American cheese grated, 1 cup whipped cream and the dissolved gelatine. Season with salt and paprika and a little chopped parsley; turn into molds. Allow to harden and cut in strips. MRS. ELSIE SCHOEMAN, Chicago.

PINEAPPLE-ALMOND SALAD

One envelope Knox softened in 1 cup cold water 5 minutes. Dissolve in 2 cups boiling pineapple juice, add ¾ cup sugar, stir until cool, add ½ cup lemon juice and strain through cheesecloth; when commencing to congeal pour over 1 cup blanched almonds and 1 can diced pineapple. Serve with mayonnaise. MRS. W. T. SKAGGS.

PEAR SALAD

Work Philadelphia cream cheese smooth with a bit of sweet cream, fill cavities of Bartlett pears, serving 2 halves to each person. On the cheese place a tablespoon mayonnaise and sprinkle top with nuts.

MRS. MARGARET HIXON.

CALCUTTA SALAD

2 Neufchatel cheese, ½ cup American cheese grated, 1 cup whipped cream, ¾ tablespoon gelatine, salt and paprika. Soak gelatine in 1 tablespoon cold water, add 1 tablespoon boiling water and heat over hot water until dissolved; soften Neufchatel cheese with plain cream, add American cheese, gelatine, salt and paprika, the whipped cream last; turn into mold and chill. Serve with curry or mayonnaise dressing. MRS. VAL B. CAMPBELL.

PINEAPPLE-CHERRY SALAD

Soak 1 envelope gelatine in ½ cup cold water 6 minutes, dissolve in following liquid: Juice 1 large can pineapple, juice from 18 ounce can Marischino cherries, juice of 3 large lemons and water to make liquid measure 3 cups, sugar to taste; cool and just before it sets add pineapple and cherries cut fine; serve with oil mayonnaise which has been sweetened; either green or red cherries make an attractive salad.

MRS. C. E. COMBE.

FRUIT SALAD AND DRESSING

1 Quart can pineapple cut in cubes and drained, ½ pound white grapes skinned, ½ pound marshmallows, ¼ pound pecans, ½ pint double cream.

DRESSING: 4 Egg yolks, ¼ teaspoon mustard, juice and grated rind of lemon, ½ cup milk. Mix and cook in double boiler until thick but do not boil.

3 Hours before serving pour dressing over fruit but do not add marshmallows and nuts until ready to serve. Reserve half the cream, whipped, to garnish top.

MRS. O. ARENSMAN.

BANANA SALAD

Slice bananas lengthwise in halves, lay on crisp lettuce leaves, put salad dressing on top and sprinkle with nuts.

MRS. FRED BAUMER.

GRAPEFRUIT AND CHERRY SALAD

Prepare and sweeten grapefruit as for cocktail; pit white cherries and stuff with softened cream cheese. Place

grapefruit and cherries on crisp head lettuce; grate a little cheese over salad and use a French dressing made of oil and the juice of the grapefruit. Garnish with green cherries.

Miss Bess Parish.

CHICKEN SALAD

1 Cold boiled chicken cut in ½ inch cubes, equal quantity celery, washed, scraped, cut in small pieces, chilled in cold water, drained and dried in a towel. Just before serving mix with dressing and serve on lettuce leaves, garnish with with yolks of three hard boiled eggs forced through a potato ricer and a few capers. Dressing: ½ Cup rich chicken stock, ½ cup vinegar, yolks of 5 eggs, 2 tablespoons mixed mustard, 1 teaspoon salt, dash cayenne pepper, ½ cup thick cream. Reduce stock in which chicken has been cooked to ½ cupful, add vinegar and boil in double boiler. To this add the dry ingredients mixed to a paste in cold water. Add yolks of eggs beaten until light, chill. When ready to serve fold in the cream which has been whipped. (When eggs are expensive substitute 1 level tablespoon flour for an egg yolk.)

Mrs. Chas. E. Combe.

OLIVE OIL MAYONNAISE

¼ Teaspoon mustard, 1 teaspoon salt, 1 teaspoon sugar, paprika, 2 egg yolks, 1 cup olive oil, 3 tablespoons vinegar or lemon juice. Mix dry ingredients with egg yolks until well blended, then add oil drop by drop, beating constantly. When it begins to thicken commence adding the acid, alternating the oil and acid until all are used.

FRENCH DRESSING

2 Tablespoons lemon juice, 4 tablespoons olive oil, ½ teaspoon salt and paprika. Mix salt, paprika and oil, add acid slowly and beat until thick.

MAYONNAISE WITH MAZOLA

2 Egg yolks, 1 pint Mazola, 1 teaspoon dry mustard, dash of cayenne or white pepper, 1 teaspoon salt, 2 teaspoons each of lemon juice and vinegar. Have all ingredients and utensils cold; mix dry ingredients, add beaten yolks and

when well mixed add 1½ teaspoons acid, add oil drop by drop until mixture begins to thicken, add acid a little at a time and beat in oil gradually until all is used. Should be thick enough to hold its shape. Put in Mason jar, keep in cool place and do not stir and will keep for weeks.

Mrs. D. B. McGehee.

GOLDEN DRESSING

¼ Cup each of pineapple, orange and lemon juice, heat in double boiler, beat 2 eggs, add ½ cup sugar, pour over the hot juice and cook until smooth. Good for any fruit salad.

Mrs. Carrie Skaggs.

MAYONNAISE FOR FRUIT SALADS

1 Cup vinegar, 1 cup sugar, ½ cup butter. Let come to a boil, add 3 well beaten eggs (or yolks of 5), 1 cup cream (sweet or sour), 1 teaspoon salt, 1 teaspoon mustard, ½ teaspoon pepper. Cook until thick. Mrs. W. M. Gregg.

FRUIT SALAD DRESSING

1 Cup sugar and ⅓ cup butter creamed, yolks of 4 eggs, beat all together, add 1 heaping tablespoon flour, pour in 1 pint boiling water and cook until thickened. When half cooked add juice of 1 lemon and 1 tablespoon vinegar.

Mrs. G. C. Stephens.

COOKED SALAD DRESSING NO. 1

2 Eggs, ½ teaspoon mustard, 1 tablespoon flour, 4 rounding tablespoons sugar, 1 teaspoon butter, ¼ teaspoon salt, 1 cup vinegar (if strong dilute). Beat eggs well, add dry ingredients, beat again, then add vinegar, cook, stirring constantly. When using thin with cream if too thick.

Mrs. D. B. Harvey.

NUT SALAD DRESSING

½ Glass of peanut butter thinned with ½ cup water, add 3 eggs beaten, juice of 3 big lemons, ½ teaspoon salt and dash of cayenne. Stand bowl in a saucepan of hot water and beat until the dressing is thick. Good with vegetable or any green salad.

CHEESE DRESSING

To any mayonnaise add chopped olives, celery and grated cheese; excellent on head lettuce.

RUSSIAN DRESSING

1 Pimento, 1 green pepper, 1 hard boiled egg, 1 small onion, all chopped fine. Mix together with 3 tablespoons oil mayonnaise, one of chili sauce and 1 of tomato catsup.

MRS. D. A. LEHMAN.

THOUSAND ISLAND DRESSING

1 Cup mayonnaise, 1 cup whipped cream, 1 cup chili sauce, 3 hard boiled eggs and ½ dozen small sweet pickles chopped very fine. MRS. ROY L. SERIGHT.

CURRY DRESSING

¼ Teaspoon pepper, ¾ teaspoon salt, ¼ teaspoon curry powder, 3 tablespoons vinegar, 5 tablespoons olive oil.

MRS. VAL B. CAMPBELL.

HONEY DRESSING

Heat 1 cup strained honey very hot, add beaten yolks of 3 eggs, take to cold air and beat until light, thick and cold, then add 2 tablespoons French dressing and ¼ teaspoon salt. Thin with whipped cream before using.

MRS. D. A. LEHMAN.

OIL THOUSAND ISLAND

Put into a pint jar ½ cup olive oil, ½ cup lemon juice, juice of ½ orange, 1 teaspoon finely minced onion, ¼ teaspoon salt, ¼ teaspoon paprika, 1 teaspoon Worcestershire sauce, ¼ teaspoon prepared mustard, 4 tablespoons grated cheese and 3 sprigs of parsley cut fine. Place rubber and cover on jar and shake until well blended. Excellent on head lettuce. MRS. A. C. CLARK.

TARTAR SAUCE

To 2 cups mayonnaise add ½ tablespoon Spanish onion, 4 tablespoons each capers, gherkins and olives and 1 tablespoon parsley, all cut fine.

ASPIC MAYONNAISE

To 1 cup mayonnaise add slowly 5 tablespoons liquid aspic, beating constantly; chill.

TA TA SALAD DRESSING

Six small sour pickles chopped, 2 small onions chopped and $\frac{1}{4}$ cup minced parsley; add mayonnaise and whipped cream. MRS. W. V. RATHBONE.

EXCELLENT DRESSING

To $\frac{1}{2}$ pint heavy cream, measured then whipped, add 2 teaspoons prepared mustard-horseradish dressing and 1 teaspoon sugar. MRS. TAYLOR FERGUSON.

DRESSING FOR FRUIT SALAD

Beat yolks of 3 eggs light, add 3 tablespoons of sugar and 3 tablespoons butter. Cook together in a double boiler until thick. Add grated rind and juice of 1 lemon. Whip 1 pint of cream very stiff, mix with dressing just before serving. MRS. J. H. CRAWFORD.

PICKLES

RELISH

1 Quart cooked beets, 1 quart raw cabbage, ½ cup horseradish, cover with vinegar, salt to taste.

Mrs. W. V. Rathbone.

HOME MADE PICKLES

To every gallon vinegar, 1 cup sugar, 1 cup salt, 1 cup ground mustard. Pick small cucumbers and put into soak whole. Mrs. D. A. Lehman.

SPANISH PICKLE

1½ Dozen large cucumbers. Peel, cut lengthwise and seed. 2 Large heads of cabbage, 3 dozen small onions or 1 dozen medium size, 4 green sweet peppers, 4 red sweet peppers. Chop fine and mix well. Salt and let stand 2 hours. Press dry and put in kettle in alternate layers with the following spices: 2 ounces white mustard seed, 1 ounce tumerick, 1 ounce celery seed, ¾ pound dry mustard, 2 pounds sugar. Cover with apple vinegar, boil until it begins to thicken and seal while hot. Fannie Gaskins.

CUCUMBER PICKLE

Select small, fresh picked cucumbers, wash and pack in sterilized cans. Fill cans to overflowing with liquid made of 1 pint of salt dissolved thoroughly in 1 gallon apple vinegar. You can put up any amount by using the same proportion—1 of salt to 8 of vinegar.

Mrs. E. E. Baker.

DIXIE RELISH

Make a brine in proportion of 1 cup salt to 1 gallon water. Soak in this brine for a few hours the following: Mix 1 pint sliced onions, 1 quart sliced cabbage, 1 pint of green mango peppers, 1 pint of red mango peppers, 2 tablespoons salt, 4 tablespoons of mustard seed, 2 tablespoons of celery seed. Drain, pack loosely in hot sterilized jars and

cover with 1 quart vinegar in which has been dissolved ¾ cup sugar. Process 10 minutes. Used with a dressing makes a nice salad. MRS. IDA STILWELL.

BEET RELISH

1 Quart chopped cooked beets, 1 quart of chopped raw cabbage, 1 cup grated horseradish, 2 bunches of chopped celery. Mix all together, add 2 cups sugar, 1 tablespoon each salt and white mustard seed, 1 teaspoon celery seed, little ground red pepper, enough vinegar to cover. Place over fire, let come to good boil, seal hot.

BESS S. PARISH.

SOUR PEPPER PICKLES.

Same amount of sweet green peppers and tomatoes, ¼ as many large onions, red peppers to suit taste. Grind all together medium fine, put in colander to drain. Season with salt and moisten with good vinegar and put in air-tight jars. MRS. LEHMAN.

CORN SALAD

Cut off 2 dozen ears corn, chop fine 1 large head of cabbage, 4 green peppers, 1 sweet red pepper, 4 large onions, 2 teaspoons celery seed. Mix all in 1 quart cider vinegar and put on fire. While heating mix ¾ cup flour (scant), 3 ounces mustard, ¼ cup salt (scant), 3 cups sugar, 1 quart vinegar. Add all this to other mixture and boil 45 minutes, stirring constantly. Seal in jars. MRS. M. S. COLEMAN.

CORN RELISH, OR SALAD

12 Ears or 10 cups corn, 10 cups chopped cabbage, 5 sweet mango peppers, 2 onions, 4 cups vinegar, 3 cups sugar, 2 tablespoons salt, 2 tablespoons celery seed, 2 tablespoons mustard seed. Cook ½ hour and seal. MAY BONNELL.

GOOSEBERRY CATSUP

9 pounds of gooseberries, 6 pounds sugar, 1 ounce each of nutmeg, cloves, allspice and cinnamon in bags. 1 quart vinegar. Put in kettle and cook about 3 hours. Put through sieve and seal. MAY BONNELL.

MISS MOFFETT'S GREEN TOMATO PICKLES

Slice green tomatoes and sweet mango pepper shells in a crock with salt sprinkled through. Put a weight on and let stand over night. In the morning drain and pack in stone jar with layers of sliced onions. Pour over all a slightly sweet spiced vinegar syrup. Cover with plate and weight down and tie cloth over jar. Good to eat in three days. Since this is uncooked it must not be put up till very late in fall if wanted for winter use, and then kept in a cool place.

MAY BONNELL.

CUCUMBER PICKLE

Slice 1 gallon of cucumbers, sprinkle sparingly with salt, and let stand over night. Drain well and cook in the following sauce: 3 Cups sugar, ¾ cup flour, small handful of white mustard seed, 1 teaspoon mustard, 1 teaspoon turmeric, 3 teaspoons celery seed; 5 cups vinegar diluted to taste.

MRS. G. G. MUGGE.

MUSTARD PICKLES

Chop fine 1 quart of cucumbers, 1 quart green tomatoes, 1 quart pickling onions, 6 green peppers, 2 heads cauliflower, 2 bunches celery. Mix well with salt and let stand over night. Drain, cover with fresh boiling water. Let stand 10 minutes, then drain. Make dressing of 1 quart vinegar, 1½ cups sugar, 4 tablespoons mustard, 1 tablespoon turmeric powder, 1½ cups flour mixed with vinegar. Add to vegetables, cook 10 minutes and seal hot.

BESS S. PARISH.

CHILI SAUCE

½ Peck ripe tomatoes, 8 sweet green peppers, 5 onions, 2½ tablespoons of salt, ½ cup brown sugar, 1 tablespoon ground cloves, ½ tablespoon ground cinnamon, 1 tablespoon celery seed, 2 cups of vinegar. Chop tomatoes after skinning, chop onions and peppers. Mix all ingredients. Cook slowly for 1½ hours or until thick. Put in jars and seal.

MRS. ED. HEISTER AND MISS BESS PARISH.

MIXED PICKLES

2 Quarts sweet corn cut from cob—do not scrape, 2 quarts tiny white onions, 2 quarts each of lima and green string beans, 1 head cauliflower broken into pieces, 2 quarts tiny cucumber pickles, 2 quarts each of green tomatoes and cabbage, 2 bunches celery, 1 dozen sweet peppers. The beans and cauliflower should be boiled in salted water until almost tender and last 4 vegetables should be run through food chopper. If part of peppers are red and yellow makes pickles more attractive. Mix well before heating. Put in granite kettle, add 1 pound granulated sugar, ¼ pound white mustard seed, ⅛ pound celery seed, 3 tablespoons of salt and enough good cider vinegar to cover ingredients. Boil for ½ hour and seal hot. MRS. J. J. PARISH.

CUCUMBER PICKLE

3 Quarts sliced cucumbers, 1 quart sliced onions, ½ pint salt. Let these stand 1 hour. 3 Pints vinegar, ¼ teaspoon cayenne, 1 tablespoon mustard, 1 tablespoon pepper, ⅔ pints sugar, 1 teaspoon each of ginger, celery salt and turmeric. Mix and boil 5 minutes. Can. MRS. LEHMAN.

CUCUMBER PICKLES

Cut cucumbers into halves or quarters or use whole small ones. Leave in cold water over night. In the morning pack in glass jars and put into each jar a piece of celery, small red pepper and slice of onion. To every quart of vinegar add ½ cup salt and 1 cup sugar, boil 2 minutes, pour while hot over pickles. MRS. FRED BAUMER.

CORN SALAD OR RELISH

1 Dozen ears of corn, 1 medium sized head of cabbage, 4 peppers, 2 red and 2 green, 2 level tablespoons of salt, 2 of ground mustard, 1½ cups sugar, 1 quart of vinegar. Cut corn off of cobs. chop cabbage and pepper as fine as corn. Mix all together, boil ½ hour and bottle while hot. If corn is large, add more vinegar. MRS. FRED BAUMER.

RIPE CUCUMBER PICKLES

Take large ripe cucumbers before they become soft; cut in rings, pare, divide in smaller pieces and remove the seeds; cook the pieces very slightly in water salted just enough to flavor well. Drain and put in a stone jar. Prepare a vinegar as follows: 2 Pounds of sugar to 2 quarts of vinegar, a few slices of onion, some cayenne pepper, whole allspice, whole cloves, cinnamon, according to one's taste. Much cooking injures the pickle very much. The pieces should be firm and admit a silver fork with difficulty when taken from the fire. MRS. FRED BAUMER.

CUCUMBER PICKLES

1 Gallon cucumbers, soak over night in salted water; 1 quart vinegar, 1 pint water, ¾ cup sugar, 1 green pepper, small root horseradish. Let reach boiling point, add pickles, let all get hot through, but not boil. Seal.

MRS. MINNIE BERRY.

JULIENNE PICKLES

Scrape 6 medium size carrots, cut in lengthwise slices and into small strips. Boil until tender in salt water. Drain and let cool. Cut up 3 large white onions and 6 green tomatoes, one large red pepper and 3 sour apples. Put tomatoes, onions, pepper and apples into bowl, sprinkle with salt and let stand over night. Drain, add 1 cup sugar, 2 tablespoons celery seed tied up in muslin cloth, add sufficient vinegar to cover and boil 2 minutes. Then mix 1 tablespoon Coleman's mustard with little vinegar and stir into the rest. Seal in jars. MRS. J. J. PARISH.

GREEN TOMATO PICKLE

Slice 1 peck green tomatoes, salt and drain over night; 1 dozen medium sized onions, sliced and salted over night, 2 dozen, more if liked, cucumbers, sliced. Dilute enough vinegar to cover all ingredients. Sweeten and spice to taste with mixed spices. Bring to a boil and add tomatoes, let get hot and add onions, let get hot and add cucumbers,

bring to a boil and seal. These are improved by adding a few green nasturtium seed and a few red sweet peppers cut in rings. AMANDA SHERERTZ, Marion, Ill.

CUCUMBER PICKLES

3 Quarts of sliced cucumbers, 1 quart of sliced onions, ½ pint of salt. Let these three stand 1 hour. 3 Pints of vinegar, ¼ teaspoon of cayenne, 1 tablespoon of mustard, 1 tablespoon of black pepper, ⅔ of a pint of sugar, 1 teaspoon of ginger, 1 teaspoon of celery salt, 1 teaspoon of tumeric. Mix and boil 5 minutes, then can.

MRS. LEILA MAXEY.

CHERRY PICKLES

Let cherries stand in vinegar over night. Then take as much sugar as cherries, let stand till dissolved, then seal.

MRS. LANE, McLeansboro, Ill.

SPICED APPLES

1 Peck apples, 2 quarts vinegar, 4 pounds sugar, 2 tablespoons whole cloves, 2 tablespoons allspice, 4 tablespoons stick cinnamon (broken), ¼ teaspoon salt. Select ripe, hard, sweet apples, peel, quarter and core. Heat the vinegar and spices, then add apples and cook slowly until apples can be pierced with fork. Put apples in cans, let vinegar boil down and pour over the apples; seal.

CLARA M. HARVEY.

SWEET PICKLED PEACHES

1 Peck peaches, 1½ quarts vinegar, 3 pounds sugar, 2 ounces stick cinnamon, cloves. Boil sugar, vinegar and cinnamon for 10 minutes. Scald and skin peaches. Stick each peach with 4 cloves. Cook half the peaches at a time in boiling syrup until soft. CLARA M. HARVEY.

SWEET PICKLED PEARS

Follow recipe for Sweet Pickled Peaches, using pears instead of peaches. CLARA M. HARVEY.

RIPE TOMATO PICKLE

3 Pints tomatoes peeled and chopped, 1 cup chopped celery, 4 tablespoons of chopped red pepper, 4 tablespoons chopped onions, 4 tablespoons salt, 6 tablespoons sugar, 6 tablespoons mustard seed, ½ teaspoon cloves, ½ teaspoon cinnamon, 1 teaspoon grated nutmeg, 2 cups vinegar. Mix ingredients in order given. Put in stone jar and cover. This mixture must stand a week before using, but may be kept a year.

FANNIE MERRITT FARMER.
—*The Boston Cooking School Cook Book.*

RIPE CUCUMBER PICKLE

Cut cucumber in halves lengthwise. Cover with alum water, allowing two teaspoons powdered alum to each quart of water. Heat gradually to the boiling point, then let stand on back of range 2 hours. Remove from alum water and chill in ice water. Make a syrup by boiling 5 minutes 2 pounds of sugar, 1 pint vinegar with 2 tablespoons each of whole cloves and stick cinnamon tied in a piece of muslin. Add cucumbers and cook 10 minutes. Remove cucumbers to stone jar, and pour over syrup. Scald syrup 3 successive mornings and return to cucumbers.

FANNIE MERRITT FARMER.
—*Boston Cooking School Cook Book.*

PEPPER RELISH

2 Large heads cabbage, 10 onions, medium size, 1 dozen red peppers, 1 dozen green peppers, 1 dozen yellow peppers, 1 ounce white mustard seed, 3 quarts vinegar, 3 pints sugar. Chop cabbage, onions and peppers very fine, add salt and let stand over night. Pour boiling water over mustard seed and let stand 5 minutes. Bring vinegar and sugar to a boil and pour over mixture. Do not cook. Seal.

MRS. C. A. TAYLOR.

CHILI SAUCE

12 Medium-sized ripe tomatoes, 1 pepper finely chopped, 1 onion finely chopped, 2 cups vinegar, 3 tablespoons sugar, 1 tablespoon salt, 2 teaspoons cloves, 2 teaspoons cinnamon,

2 teaspoons allspice, 2 teaspoons grated nutmeg. Peel and slice tomatoes. Add onion and pepper, the dry ingredients blended; add vinegar, heat slowly to the boiling point and cook 2½ hours over a slow fire. CLARA M. HARVEY.

SPICED BEETS

Boil medium-sized beets, remove skins, pack in fruit jars when sliced. Have ready boiled a quart of vinegar, 1 teaspoon whole cloves, 1 teaspoon cinnamon bark, sugar to taste. Pour this over beets while they are warm.

CLARA M. HARVEY.

CUCUMBER PICKLES

Soak small cucumbers in salt water, about 1 cup salt to gallon of water, over night. In the morning dry each one with a cloth, put in jars and cover with following mixture: For 10 quarts of pickles it requires 1 gallon of white wine vinegar, though pure cider vinegar will do but spoils the color of pickles, 1 cup salt, 1 cup dry mustard, 2 teaspoons of saccharine for sweetening. If unable to get saccharine, boil 4 cups of sugar with 1 quart of vinegar and allow to cool. Then mix all together and pour over cucumbers cold.

MRS. M. S. COLEMAN.

CUCUMBER PICKLES

1 Gallon vinegar, 1 cup sugar, 1 cup ground mustard, ½ cup salt, mix all with wooden spoon. Wash cucumbers and wipe dry and drop in. You can add from time to time. This makes 5 gallons. MRS. W. V. RATHBONE.

SPANISH PICKLES

½ Gallon chopped green tomatoes, ½ gallon chopped cabbage, ½ gallon chopped onions, 3 dozen cucumber pickles, 1½ tablespoons salt, bunch of celery, 5 cents each of yellow mustard seed and tumeric, 1 cup sugar, 1 tablespoon flour stirred in thin enough to pour, ½ gallon vinegar. Put salt on tomatoes and let drain 24 hours. Mix well and heat to boiling point and seal. MRS. W. V. RATHBONE.

FRENCH PICKLES

1 Large head of cabbage, ½ peck green tomatoes, 2 heads cauliflower, 6 bunches of celery, 2 quarts of pickling onions, 6 green peppers. Chop cabbage and onions together, chop tomatoes and salt over night. Next morning make a dressing of 1 gallon vinegar, 1 cup cornstarch, 1 cup white mustard seed, 3 dessert spoons ground mustard, 4 cups sugar, 1 teaspoon tumeric. Boil this then add chopped stuff, cut celery and cauliflower. Heat through and seal. This makes 10 quarts. More sugar may be added if desired.

Mrs. R. F. Brown.

MUSTARD PICKLES

1 Quart cucumbers cut in small pieces, 1 pint onions, 2 green peppers cut small and 1 quart green tomatoes. Soak in salt water over night. Drain, put in jars and pour sufficient vinegar over to cover and let stand three days. Then take ½ cup ground mustard, ½ cup sugar, ½ cup flour and 1 quart of vinegar. Mix together, cook and pour boiling hot over pickles. When cold cover closely.

Bessie Parish.

GERMAN MUSTARD PICKLES

Pare large white cucumbers thinly. Cut in quarters and with spoon scrape out all seeds, leaving only solid meat. Salt liberally and stand over night, using no water. Prepare vinegar by diluting with water, adding a little sugar and 5 cents worth white mustard seed. Wipe separately each piece of cucumber and drop in boiling vinegar, together with red and green peppers. Let cook ten or fifteen minutes or until just before turning transparent, and can. The success of these pickles depends in great measure in not overcooking.

Eva Clark.

DILL PICKLES

Take nice large straight cucumbers. Long, green and white spine are good varieties to select for this purpose. Gather them when they have reached good size, but before the seeds begin to swell. Soak them over night in cold water, wash them thoroughly the next day, giving them a

scrubbing with a coarse brush, and pack them into a keg with alternate layers of fresh grape leaves and a few stalks of dill. Then pour a brine over them, made by dissolving 1 cup salt in one bucket water. Hold the pickles under the brine by weighting with a loose cover and stone. In warm weather the pickles will be good to use in 2 weeks time. No vinegar is needed, as the pickles will develop acidity enough to be palatable. Simply peel and cut them in slices lengthwise and eat with potatoes, meat or even bread and butter. The dill is not absolutely necessary, but imparts some characteristic flavor to the pickles. Every seedman offers dill seed. A 5c packet is all you will want.

TOMATO CATSUP

3 Gallons of tomatoes cooked and rubbed through a sieve, 1 teaspoon cloves, 4 teaspoons each of spice and cinnamon, 2 tablespoons pepper, ½ teacup salt, 3 teacups sugar and a little over 1 quart of vinegar. Boil until thick and seal.

Mrs. C. A. Taylor.

TOMATO CATSUP

Slice 1 bushel of ripe sound tomatoes and chop 10 large onions. Mix, cook until well done, cool and run through a sieve or berry colander. Add ½ gallon of apple vinegar, ⅔ pints of salt, 3 pounds of brown sugar, 2 ounces each of black pepper, white mustard seed and allspice, ½ ounce of cloves and a handful of bay leaves. Green and red pepper to taste. Use whole spices and put them into a cheesecloth bag with the bay leaves. Make a small slit in side of whole peppers, let cook until hot enough and remove. Cook catsup 4 hours, or until thick enough, and seal.

Fannie Gaskins.

CANNED PEPPERS

Cut tops off red mango peppers, take out seed and slice lengthwise in narrow strips. Let drain and pack in glass jars. Make hot 1 quart vinegar, 2 ounces white mustard seed, 2 cups sugar, 2 level tablespoons of salt. Boil until ingredients are dissolved and pour hot over peppers in jars and seal.

Mrs. D. B. Harvey.

PRESERVES

DELICIOUS PRESERVES

Cook 1 pint of shredded pineapple in 2 cupfuls of water for 20 minutes, add 5 pounds of granulated sugar, and when the mixture boils again, add 3 quarts of hulled strawberries. Simmer for 20 minutes longer, skim well and seal.

MRS. FRED BAUMER.

PRESERVED PINEAPPLE

1 Pineapple, $\frac{3}{4}$ weight in sugar, 1 cup water. Peel pineapple and put it through the meat chopper, add sugar and water. Bring slowly to a boil and simmer for about 30 minutes or until thick as desired. MRS. P. S. PARISH.

SUN DRIED PRESERVES (Strawberries or Cherries)

1 Pound fruit, 1 pound sugar. Stir and set on back of stove until sugar dissolves and let boil 14 to 18 minutes. Pour on shallow platters and set in sun. Stir each day and when syrup thickens can cold. Cover with paraffin. The preserves are usually ready to can on third day. Do not cook more than two pounds of fruit at once.

BESS PARISH.

STRAWBERRIES IN SUN

2 Pounds berries, 2 pounds sugar, $\frac{3}{4}$ cup water. Cook sugar and water until it begins to thicken. Add berries and cook for ten minutes. Pour them out in shallow dishes or meat platters. Cover with sheets of glass, allowing a little air to pass under. This will take two days or more.

MRS. P. S. PARISH.

YELLOW TOMATO PRESERVES

4 Pounds small yellow tomatoes, 3 pounds sugar, $\frac{1}{2}$ cup boiling water, juice and rind of one lemon. Prick each tomato several times. Stir sugar in water until dissolved, add tomatoes and cook until clear. When half done add the lemon juice and rind sliced very thin. When fruit is

done put into small jars, filling them ⅔ full. Let syrup cook 10 minutes longer, then finish filling cans.

Mrs. P. S. Parish.

GRAPEFRUIT RIND PRESERVE

Trim the yellow from the rind, then cut the rind in strips. Soak 24 hours in salt water, then 24 hours in soda water, then 24 hours in clear water, changing the water frequently, then put on to cook in clear, cold water. Bring to a boil, pour off the water and repeat the process. Put on a third time in clear, cold water, bring to a boil and cook until tender, then drop in hot syrup and cook until thick. If the syrup is quite thick the rinds candy and are very fine. Jam can be made if, when the rinds are ready to be put on to cook they are first ground, then cooked according to above directions. These are all worth the trouble.

Mrs. C. D. Stilwell.

APRICOT, PINEAPPLE AND LEMON MARMALADE

To 5 pounds of apricots allow equal parts of sugar, 1 large can grated pineapple, 1 dozen apricot kernels blanched and cut in strips, 3 lemons. Peel lemons and cut the thin yellow rind of 2 into small pieces and slice pulp thinly. Boil together until thick, about 45 minutes. Pour into glasses and treat like jelly when cold.

Mrs. D. A. Lehman.

ORANGE MARMALADE

1 Pound of fruit and 1 pound of sugar. Pare ½ of the oranges, cut rinds into shreds, boil in three waters until tender, then set aside. Grate the rinds of remaining oranges, take off and throw away thick white inner skin. Chop or cut oranges into small pieces, drain all the juice that will come away without pressing over the sugar. Heat until sugar is dissolved. Add no water unless oranges are not juicy. Boil and skim for 5 minutes. Put in shreds and cook 10 minutes. Then the chopped fruit and grated peel and boil 20 minutes longer. Pour into jelly glasses.

Bess Parish.

WATERMELON MARMALADE

7 Pounds red part of watermelon, 1 large can pineapple, 2 oranges, 2 lemons. Cut oranges and lemons very fine. To each pound of fruit add 1 quart of water and let stand over night. In the morning boil until tender. To 1 pound of this mixture add 1¼ pounds of sugar. Cut watermelon very fine and cook down one-half. Add pineapple, cut fine. To 2 cups of this mixture add 1 cup of sugar. Add the first mixture and cook until thick. If unsweetened pineapple is used add more sugar. MRS. D. B. HARVEY.

GRAPE MARMALADE

5 Pounds grapes, 4 pounds sugar, 1 pound raisins (seeded), 1 pound nuts, 3 oranges. Cook orange peel cut up in small pieces until tender. Seed grapes by slipping off skins and cooking pulp just enough to get seeds out. Cut orange pulp in small pieces. Mix all together and cook until thick. MRS. D. B. HARVEY.

QUINCE HONEY

6 Apples, 6 quinces, ground, 6 pints of sugar moistened with water and cook to thick syrup. Then add ground apples and quinces and cook gently until thick.

MRS. W. V. RATHBONE.

STRAWBERRY JAM

½ Gallon berries, 1 quart granulated sugar, 2 level tablespoons cornstarch. Mash berries and heat them well. Mix sugar and cornstarch and add to the heated berries. Boil 10 minutes and seal. MRS. D. B. HARVEY.

RHUBARB JAM

Cut rhubarb into ½-inch pieces. Put in earthen crock with equal amount of sugar, let stand over night. For every 4 pounds add 1 orange and 1 lemon sliced thin. Let boil ½ hour after reaching boiling point and let simmer gently another half hour. If desired add 1 pound raisins and 1 ounce blanched almonds. Pour in glass jars and seal.

BESS PARISH.

GREEN TOMATO JAM

1 Peck green tomatoes, 6 lemons, 6 pounds sugar. Slice tomatoes, which must be green, put into kettle with sugar, being careful to stir until sugar is dissolved. Slice 4 lemons thin, removing the seeds, use juice only of other two. Add to the above mixture and boil to the thickness of jam.

Mrs. D. B. Harvey.

CRANBERRY JELLY WITH PINEAPPLE

To 1 pint berries add 1 cup sugar, 1 cup water. Boil berries until soft enough to press through sieve, add sugar and cook 10 minutes. Cut a small can pineapple in cubes and place in bottom of flat pan, pour the jelly over this and let harden. Mrs. D. A. Lehman.

CANNED STRAWBERRIES

8 Ounces sugar and 2 tablespoons water to each quart berries. Boil slowly for 15 minutes in covered kettle. Let cool and remain over night in covered kettle. Put in glass jars, put cap and rubber in position. Process 10 minutes in hot water or 6 minutes under 5-pound steam pressure. Berries canned in this way will not lose color nor rise to top of cans.—*Government Bulletin.*

ORANGE AND LEMON JELLIES

Genuine orange and lemon jellies can be made by careful extraction of pectin, which is done by peeling the outer yellow skin off then taking the white inner skin, running it through meat grinder, then soak in sufficient water to cover for several hours and then cook several hours. Add to juice and make as any other jelly. This pectin can be used in making rhubarb, cherry or strawberry jelly.

N. E. Goldthwaite, University of Illinois.

CHERRY CONSERVE

$3\frac{1}{2}$ Pounds cherries, $2\frac{1}{2}$ pounds sugar, $\frac{1}{4}$ pound seeded raisins, 3 oranges. Cut up orange peel and cook until tender. Select large red cherries, stone them and cook for 15 minutes, add sugar which has been heated in the oven,

also the raisins, the juice, pulp and peel of the orange. Cook until thick as marmalade. MRS. D. B. HARVEY.

PEAR CONSERVE

To 1 gallon of pears chopped fine or diced add 2 lemons and the pulp, less all membrane, of 4 oranges and the thin yellow peel of one, 1 cup of pineapple diced. To each pound of fruit allow ¾ pound of sugar. Into a granite preserving kettle place a layer of pears and one of sugar until all is used. Let stand over night and in the morning pour off the juice. Bring to a boil, add pears and cook slowly 1 hour. Then add the other fruit. Cook down and seal.

MRS. JENNIE RODGERS.

RHUBARB CONSERVE

8 Cups of raw rhubarb, 8 cups of sugar. Put sugar over rhubarb and let stand over night. 3 Big oranges. Grate the peeling of 2 oranges and cook until tender in a tiny bit of water. Cut oranges up or run through the meat chopper. Mix and cook until thick, then add 3 or 4 cups of English walnuts cut fine. MRS. W. V. RATHBONE.

BLUE PLUM CONSERVE

5 Pounds large blue plums, 5 oranges, 1 package raisins, 1 pound English walnuts, 3 pounds sugar. Stone and quarter plums, wash oranges, quarter and remove seeds, grind together. Chop raisins, mix together with sugar and let stand over night. Cook slowly until plum skins are soft, then add chopped nuts and put into jars.

MRS. D. A. LEHMAN.

GRAPE CONSERVE

6 Pounds Concord grapes, 3 pounds seeded raisins, 3 pounds English walnuts, 4 pounds granulated sugar. Prepare grapes, cook and rub out seeds. Place pulp, skins, raisins and sugar on stove and cook 10 minutes. Add nuts, cook 10 minutes longer. MRS. D. A. LEHMAN.

GRAPE CONSERVE

5 Pounds grapes, 8 cups sugar, 3 oranges (grind the peel

in a food chopper), 1 pound raisins, ½ pound of nuts (nuts may be omitted) chopped fine. Cook until it jells.

Mrs. C. A. Taylor.

JELLY

Fruit Juices Which Can Be Made into Jelly.

Jelly can be made easily from the following fruit juices, since they contain pectin and acid in the correct proportion:

Currant	Gooseberry	Blueberry
Grape	Cranberry	Plum
Sour apple	Red raspberry	Quince
Crab apple	Black raspberry	Blackberry

Jelly can be made from the following fruit juices only by the addition of an acid:

Pear	Peach	Sweet apple

Jelly can be made from the following fruit juices only by the addition of pectin:

Rhubarb	Pineapple	Apricot

Six Things to Remember When Making Jelly.

1. Fruit juice must contain both pectin and acid, and contain them in the correct proportion.
   - A. Fruit juice which is lacking in pectin may have the pectin supplied in the form of home-made or commercial pectin. This should be added in proportion of one to one.
   - B. Fruit juice which is lacking in acid may have the acid supplied in the form of acid fruit juice.
2. Fruit juice must be boiled down or concentrated to four-fifths its original volume before the sugar is added.
3. An overdose of sugar is a frequent cause of jelly failure. Use less sugar by measure than fruit juice—not more than ¾ cup to 1 cup of juice.
4. Sugar should be added hot after the fruit juice has been concentrated.
5. Jelly should be cooked rapidly, not simmered.
6. The best results in jelly making are obtained when only two or three cups are boiled at a time.

Nina B. Crigler, Urbana, Ill.

PASTRY

A FEW RULES

It is better to have everything you use about pastry cold or chilled.

To keep lower crust from being soggy when making juicy pies, brush over with white of egg.

To get a rich brown, brush top crust with sweet milk.

PIE CRUST

1 Level cup sifted flour, 1 teaspoon salt, 1 level teaspoon baking powder, 2 tablespoons lard, 3 tablespoons ice water.

MRS. W. V. RATHBONE.

PIE CRUST

1 Cup flour, 2 tablespoons lard, 3 tablespoons ice water, ¼ teaspoon salt.

MRS. G. T. GASKINS.

LEMON PIE

Juice of 1 large lemon, 1 cup sugar, yolks of 3 eggs, small piece butter, 3 tablespoons of milk, 2 teaspoons cornstarch. Beat all together, bake in a rich crust. Beat whites of eggs with 3 tablespoons of sugar, put on top of pie and brown.

MRS. J. H. LANE.

LEMON PIE

1 Cup boiling water, ¾ cup sugar, 3 tablespoons cornstarch. Mix sugar and cornstarch dry and stir into water, cook 5 minutes or until clear. To that add beaten yolks of 3 eggs, grated rind and juice of 1 lemon, 1 tablespoon melted butter. Put in rich crust already baked. For 2 pies use 5 eggs and double other ingredients.

MRS. HARRY P. SMITH, Grand Junction, Colo.

LEMON PIE

5 Eggs beaten separately, add to the yolks 2 scant cups sugar, 2 tablespoons water, juice and grated rind of 2 lemons, then beat whites and stir into other ingredients.

Line pie tin with rich crust, pour in mixture and bake in moderate oven until set. Mrs. Loren Felts.

CHESS PIE

Beat ½ cup butter to a cream, add yolks of 3 eggs and ⅔ cup of sugar. Stir all together rapidly, flavor with lemon or orange. Bake in 1 crust. When done cover with a meringue of the whites. Mrs. Etta Taylor.

CREAM PIE

⅔ Cup sugar, 2 eggs, 1 rounding tablespoon flour. Beat together until creamy. Melt a lump of butter the size of an egg, add and beat again. Add ⅔ pint of rich milk, flavor with lemon or vanilla. Bake with 1 crust in a moderate oven. Mrs. D. A. Lehman.

CREAM PIE

Yolks of 2 eggs well beaten, ½ cup sugar creamed with eggs, 2 tablespoons cornstarch, 1½ cups rich milk. Cook in double boiler until thick. Flavor to taste. Put into crust already baked, using the whites of eggs beaten with 3 tablespoons sugar for top. Mrs. R. E. Wilbanks.

SOUR CREAM PIE

1 Cup sour cream, 1 cup sugar, 1 cup raisins, 2 eggs, spices to taste. Bake between 2 crusts.

Mrs. Mary Willoughby, Atlanta, Ga.

BUTTERSCOTCH PIE

1 Cup brown sugar, 3 tablespoons water, butter size of an egg, yolks of 2 eggs, 3 tablespoons flour, 1 cup milk, vanilla flavoring. Cook all together until it thickens, being careful not to burn. Beat the whites of eggs, sweeten and spread on pie lightly. Mrs. D. A. Lehman.

AMBER PIE

1½ Cups sugar, 1 tablespoon vinegar, 1 cup sour milk, 1 teaspoon each of cinnamon and cloves, 1 tablespoon flour, 1 cup raisins, yolks of 4 eggs, 2 tablespoons butter. Bake in

moderate oven in pastry lined tins. When pies are done cover tops with whites of eggs beaten with a little sugar, put back in oven and brown lightly. Makes 2 pies.

Mrs. M. S. Coleman.

CHOCOLATE PIE

¾ Cup sugar and 2 tablespoons flour or cornstarch mixed together, 1 cup milk, 2 squares Baker's chocolate dissolved in hot water, 1 tablespoon melted butter. Cook in double boiler until thick. Have crust already baked, pour in mixture, cover with whites of 2 eggs beaten with 3 tablespoons sugar. Place in oven until light brown.

Mrs. Loren Felts.

CHOCOLATE PIE

½ Cup sugar, 1 cup milk, 1 teaspoon melted butter, 2 tablespoons grated chocolate or cocoa. Stir, heat in double boiler, add beaten yolks of 2 eggs and 1½ tablespoons cornstarch dissolved in a little cold milk. When mixture is thick pour into crust already baked. Flavor with vanilla. Use whites beaten stiff, with a little sugar added for top. Makes 1 pie. Mrs. Lee McGuire.

PINEAPPLE PIE

1 Cup powdered sugar, ½ cup butter, 2 eggs, 1 small can grated pineapple. Cream butter and sugar, add beaten yolks and pineapple. When well mixed add well-beaten whites, mix lightly and bake with under crust only.

Mrs. D. A. Lehman.

PINEAPPLE PIE

1 Can grated pineapple, yolks of 5 eggs, whites of 2, 1 cup sugar, juice of 1 lemon. Cook in double boiler until thick. Have rich crust already baked, pour in mixture. Use whites of 3 eggs for meringue, spread on top, put into oven and brown slightly. Makes 2 pies. Mrs. Loren Felts.

PEACH CREAM PIE

Line a piepan with rich crust and bake, cover with a layer of peaches and pour over the following cream filling:.

Scald 2 cups milk, add 2 well-beaten eggs, ½ cup sugar, ⅛ teaspoon salt, ⅓ cup flour and cook 15 minutes in double boiler, stirring often. Top with sweetened whipped cream.

Mrs. D. A. Lehman.

CRANBERRY PIE

1 Heaping cup cranberries, 1 cup sugar, 1 tablespoon flour, ½ cup water. Mix well and bake with 2 crusts.

Mrs. D. A. Lehman.

BANANA PIE

1½ Cups sweet milk, ½ cup sugar, yolks of 3 eggs, 2 tablespoons flour, a pinch of salt. Cook in double boiler until thick. Cool and add 1 teaspoon vanilla. Have rich crust baked and cool. Slice 3 bananas very thin in bottom of crust and pour over the cream filling. Spread meringue on top and brown lightly.

Mrs. D. A. Lehman.

RHUBARB PIE

Bake crust first; stew rhubarb with sugar and 1 tablespoon flour, put in crust. Make custard of yolks of 2 eggs, 2 tablespoons sugar, 1 tablespoon flour, 1 cup milk and a little bit of nutmeg. Put in pan with rhubarb and bake. Beat whites stiff, put on pie and brown.

Mrs. Fred Baumer.

CARROT PIE

1 Cup cooked carrots, mash fine, ½ cup sugar, 2 eggs, 1 pint milk, 2 tablespoons molasses, ½ teaspoon ginger, ½ teaspoon cinnamon. Bake in one crust.

Mrs. Fred Baumer.

GRAPE CUSTARD PIE

1 Cup freshly seeded grapes, 1 cup sugar, ½ cup butter, 2 tablespoons cornstarch, yolks of 2 eggs. Bake in 1 crust. Put whites of eggs, beaten stiff with a little sugar, on top and brown.

Mrs. Fred Baumer.

GRAPE CUSTARD PIE

1 Cup sugar, 1 cup seeded grapes, lump of butter, 1 tablespoon flour mixed with 2 tablespoons water, 1 egg yolk.

Beat egg, add other ingredients and bake in 1 crust. Beat white of egg, with a little sugar and use for top.

Mrs. A. E. Somers.

WASHINGTON COCOANUT PIE

½ Cup butter, ½ cup milk, 1 cup powdered sugar, 2 cups flour, 2 eggs, 2 teaspoons baking powder, 1 teaspoon vanilla. Cream sugar and butter, add eggs well beaten, milk and vanilla, then the flour and baking powder sifted together. Beat well and bake in a deep pie tin 15 minutes in a moderate oven. Split and put the following cream between layers: 2 Egg yolks, 1 cup cocoanut soaked in a cup of boiling milk, 1 teaspoon flour, 3 tablespoons sugar. Cook in double boiler until thick. Put between layers and dust with powdered sugar.

Mrs. G. G. Mugge.

RHUBARB AND RAISIN PIE

1 Cup each raisins, fresh rhubarb and sugar, juice of 1 lemon, 1 egg, 1 tablespoon butter. Chop raisins and rhubarb fine, add sugar, lemon juice, egg and butter. Bake between two crusts in a moderate oven 45 minutes.

Mrs. Portia Parish.

DELICIOUS APPLE PIE—ONE CRUST

Put unbaked crust into piepan. Into this crust slice apples very thin, shaving the slices off thin like potato chips. Mix sugar and a little cinnamon or nutmeg all the way through the layers of apples. Fill the crust very full with sugar on the top, pour 2 tablespoons water over pie to start sugar to melting. Bake very slowly so that sugar will permeate apples. Pie is done when apples look clear.

Mrs. Clarence Bonnell.

APPLE ROLL

Make a rich biscuit dough, adding 1 rounding tablespoon sugar to each cup of flour. Roll about ¼ inch thick, sprinkle generously with finely chopped apples, sugar and cinnamon or nutmeg. Roll and cut across in inch lengths, stand upright in a baking dish with boiling hot corn syrup about an inch in depth, and bake.

Mrs. M. S. Coleman.

PUMPKIN PIE

1½ Pints pumpkin, 4 eggs, 1 pint sweet milk, butter the size of a walnut, sugar to taste, pinch of salt, 1 tablespoon cinnamon, 1 teaspoon ginger. Mrs. Oval Ferrell.

PUMPKIN PIE

1 Quart milk, 3 scant cups pumpkin, 1½ cups brown sugar, ½ cup sorghum, 3 eggs beaten separately, pinch of salt, 1 level tablespoon each of cinnamon and ginger. Mix all together and bake in undercrusts. Makes 3 pies.

Mrs. M. S. Coleman.

PUMPKIN PIE

1 Pint pumpkin, 2 tablespoons cream, ½ cup brown sugar, 3 tablespoons molasses, 2 tablespoons flour, 2 eggs, ½ teaspoon salt, 1 teaspoon ginger, pinch of cloves, 3 cups milk. Mix sugar, flour and spices, add pumpkin, molasses, cream, milk and beaten eggs. Makes 2 pies.

Grace Lane Raymond, Sidney, Ill.

PUMPKIN PIE

2 Eggs, pinch of salt, 1 scant cup pumpkin, 1 tablespoon melted butter, ½ cup sugar, 1½ cups whole or rich milk, ¼ teaspoon each of ginger, spice and nutmeg, ½ teaspoon vanilla. Bake in moderate oven until custard is set, then it is better to have slower heat until nicely browned. Pumpkin pies require longer cooking. Mrs. Loren Felts.

PUMPKIN PIE

Bake crust first. Make a thick white sauce, using 1 heaping tablespoon flour, 1 tablespoon butter and 1 cup sweet milk. Cook until thick and add ½ cup sugar, 1 egg yolk, 2 kitchen spoons cooked pumpkin and spices to flavor. Let cook a few minutes, then remove from fire and cool slightly. Add the stiffly beaten white of egg. Pour into crust and place in oven till it glazes over top.

Mrs. Ethel Kane.

DATE PIE

2 Cups milk, ½ pound chopped dates, 2 eggs, ¼ teaspoon salt, 2 tablespoons flour, a few gratings of nutmeg. Cook dates with milk 20 minutes in double boiler, add salt, yolks of eggs and flour. Put in crust already baked, using the whites of eggs beaten with a little sugar for top.

MRS. C. E. COMBE.

SLICED SWEET POTATO PIE

Boil 2 medium sweet potatoes, slice thin; 1 cup sugar, ½ cup butter, ½ cup sweet cream or whole milk. Line deep pie tin with rich crust, place in bottom a layer of potatoes, pour over it half of the sugar, sprinkle with nutmeg, then another layer of potatoes, remainder of sugar and nutmeg as before. Put the butter in bits on top, then criss-cross with thin strips of crust and bake to a nice brown. When done pour in the cream, put back in oven a few minutes until heated through. A few drops of lemon extract adds to the flavor.

MRS. MARY J. DUNCAN.

DESSERTS

BLACK PUDDING

1 Cup sugar, ¾ cup butter, 1 cup flour, 1 cup jam run through colander, 3 eggs, 3 tablespoons sour milk, 1 teaspoon soda, 1 teaspoon nutmeg, 1 teaspoon spice. Bake slowly.

MYRTLE C. COMBE.

BREAD PUDDING

Cover 2 slices of bread with boiling water. Let stand a few minutes then drain. Add ½ cup sugar, 2 eggs and beat all thoroughly. Then add as much milk as pudding desired, flavor and bake slowly.

MRS. J. H. LANE, McLeansboro, Ill.

FRUIT BREAD PUDDING

Crumble into a baking dish, buttered, 2 cups bread crumbs and pour over 1 pint raspberries (or any kind of fruit) that have been stewed with ½ cup sugar. Let stand until cold, then fold in the stiffly whipped whites 2 eggs and bake in a moderate oven until well risen and browned. Serve immediately with sweetened whipped cream.

MRS. C. D. STILWELL.

CHOCOLATE PUDDING

3 Cups milk, 1 cup sugar, ¼ cup cornstarch, 2 ounces chocolate, 2 eggs, 1 teaspoon vanilla. Mix sugar and cornstarch, add the scalded milk. Add this to the chocolate grated, put in double boiler and stir constantly until thick. Add vanilla. Carefully pour over eggs, beating constantly; pour into cold wet molds. Serve with whipped cream.

MRS. GEO. BOWYER, Carbondale, Ill.

STEAMED CHOCOLATE PUDDING

1 Egg, ½ cup sugar beaten together; 1 ounce chocolate grated and melted with 2 tablespoons butter and added to first mixture; 1½ cups flour sifted with 1 teaspoon baking powder and ½ teaspoon cinnamon and a pinch salt, 1 cup milk and 1 teaspoon vanilla. Steam in buttered mold 1½

hours. Serve hot with sauce made by mixing ¾ cup sugar, 1 teaspoon cornstarch, ½ teaspoon cinnamon together. Add 2 tablespoons butter and 1 cup boiling water. A beaten egg white may be added if desired. MYRTLE C. COMBE.

CHERRY PUDDING

Put a thick layer of fruit in bottom of pudding dish, sweeten to taste and cover with a batter made of 1 egg, 1 tablespoon butter, 4 tablespoons sugar, 1 cup milk, 1 cup flour, 1 rounding teaspoon baking powder and a pi[illegible] salt. Bake and serve with sauce made of the thickened [illegible]e of the fruit or cream. MRS. M. S. COLEMAN.

CARAMEL PUDDING

⅔ Cup sugar, 1 pint sweet milk, 4 level tablespoons cornstarch, 1 level tablespoon butter, ¼ teaspoon salt, 1 egg, ½ teaspoon vanilla. Melt sugar in a frying pan, stirring constantly to prevent scorching. Heat sweet milk and mix thoroughly with melted sugar and cornstarch mixed with a little cold milk. Cook directly over fire until it thickens then in a double boiler for 20 minutes. Add butter, salt and beaten egg, stirring constantly. Take from fire and add vanilla. Place in wet mold and put on ice. When ready to serve turn out on dish and put sliced peaches or strawberries on top and around pudding. Cover with whipped cream and serve.

MRS. NINA GASKINS MCHENRY, Chicago, Ill.

CUP PUDDING

1 Cup cream, 1 cup sugar, 1 teaspoon salt, 2 teaspoons baking powder, flour enough to make a stiff batter. Have cups greased, with a teaspoon canned cherries in each. Put batter on top of fruit. Steam 1 hour. Serve with whipped cream. This will serve 7 or 8 cups.

MRS. CLARA M. HARVEY.

DATE PUDDING

1 Pound dates, 1 cup nut meats, 1 cup brown sugar, 4

tablespoons flour, 1 teaspoon baking powder, 2 eggs. Bake 40 minutes in a slow oven and serve with whipped cream.
Mrs. A. E. Somers.

DATE PUDDING

1 Pound dates (stoned), 1 quart sweet milk. Simmer the dates in the milk until the consistency of pudding. Place in a cool place until set, then serve with whipped cream, nuts, cherries or plain. Mrs. W. V. Rathbone.

STEAMED DATE PUDDING

Mix 1 tablespoon flour, 2 teaspoons baking powder and ½ cup sugar. Into this cut 1 cup dates and 1 cup nuts. Mix all well and add to 3 eggs beaten. Steam 1 hour or bake 20 minutes in a moderate oven. Serve with whipped cream. Myrtle C. Combe.

DATE TORT

1½ Cups nuts, 1½ cups steamed dates, measured before chopping; cream 1 cup sugar with 4 whole eggs, add 6 tablespoons flour, 1 teaspoon baking powder, 1 teaspoon cinnamon, ½ teaspoon cloves. Bake in slow oven 1 hour and serve with whipped cream. Bess S. Parish.

DAMSON PLUM PUDDING

Into a baking dish put 3 eggs, 1 cup sugar, ½ cup butter, 1 cup Damson jam or preserves, 1 cup flour, 1 teaspoon soda dissolved in 3 tablespoons sour milk, spice to taste. Mix all well together and bake in dish it is mixed in, slowly. Sauce: 1 Cup sugar, ½ cup butter, 1 egg, 1 tablespoon vinegar or lemon juice. Boil until thickened slightly.
Mrs. M. S. Coleman.

FIG PUDDING

½ Pound figs, ½ pint bread crumbs, 5 tablespoons sugar, 3 tablespoons butter or 1 gill suet, 2 eggs, 1 cup sweet milk. Steam 2 hours. Mrs. George Bowyer.

JERUSALEM PUDDING

Chop fine ¼ pound dates and cover with orange juice. Whip 1 pint cream. Cover ⅓ box gelatine with cold water

and soak for ½ hour. Have ready 4 tablespoons rice, previously cooked, and sprinkle over it a cupful powdered sugar and a teaspoon vanilla, then add dates and orange juice and nuts or any other kind of fruit as raisins, candied cherries, etc., as desired. Stand gelatine over hot water until dissolved, then cool until it will just stir, then add to whipped cream and mix the whole and stir until slightly thickened. Turn into a mold and let set 2 or 3 hours.

MRS. IDA E. STILWELL.

MOLASSES PUDDING

3 Cups flour, 1 cup cold water, ½ cup melted butter, 1 cup molasses, 1 teaspoon soda. Mix well and steam 3 hours. Serve with any kind of fruit sauce or a plain sauce or whipped cream.

MRS. CLARENCE BONNELL.

MADAM SHERRY

1 Cup sugar, 2 eggs well beaten, 1 teaspoon baking powder, 3 tablespoons flour, 1 cup chopped dates, 1 cup chopped nuts. Mix well and bake in 2 well-greased layer cake pans. When done it is crisp outside but rather soft like macaroons on the inside. Break up when cool and serve with whipped cream.

MRS. R. F. BROWN.

NIGGER BABY PUDDING

Take quantity of bread that you want pudding, use enough milk to moisten well, then add 2 eggs well beaten, ½ pound raisins, ½ pound currants, 1 heaping tablespoon cinnamon, 2 tablespoons cloves, same of allspice, ½ tablespoon nutmeg, ¾ cup maple syrup, pinch soda. Bake in moderate oven and serve with hard sauce.

MRS. J. H. LANE, McLeansboro, Ill.

P. E. O. PUDDING

Cut 3 large oranges into bits in a baking dish, sprinkle with sugar. Make a custard of the yolks of 3 eggs, ⅔ cup sugar, 2 tablespoons flour, 1 pint milk. Cook until creamy, then pour over oranges. Beat whites of eggs until stiff and

add 3 tablespoons sugar and spread on top of pudding. Place in oven until slightly brown.

Mrs. D. A. Lehman.

PLUM PUDDING

1 Cup finely chopped suet, 1 cup molasses, 1 cup milk, either sweet or sour, 1 cup raisins, 3 cups flour, 1 teaspoon salt, 2 teaspoons baking powder if sweet milk, 1 teaspoon soda if sour milk is used, 1 teaspoon each cinnamon, cloves, allspice, ginger, nutmeg. Steam 4 hours.

Mrs. Clara M. Harvey.

PUMPKIN PUDDING

1 Cup pumpkin, 2 eggs, 2 cups milk, 1 scant cup sugar, 1 teaspoon cinnamon, ½ teaspoon ginger, 1½ cups cooked rice. Bake.

Myrtle C. Combe.

PRUNE PUDDING

½ Pound prunes, 2 cups cold water, 1 cup sugar, ½ teaspoon cinnamon, 1½ cups boiling water, ⅓ cup cornstarch, 1 cup nuts added to this pudding improves it, 2 tablespoons lemon juice. After soaking prunes in the cold water cook until done, stone and add sugar, cinnamon and cornstarch. Mix well, add boiling water, cook until thick, then add lemon. Serve with whipped cream on top.

Mary Ego.

PRUNE PUDDING

Roll 5 or 6 crackers fine, seed cooked prunes until you have 1 cup, add lump of butter, ½ cup black walnuts, ½ cup sugar, ½ cup cream or sweet milk, ½ teaspoon baking powder. Mix all together well, and bake in a greased piepan in quick oven about 20 minutes. Sauce: Melt lump butter, add 1 tablespoon flour, 1 tablespoon sugar, and 1 cup hot water. Cook until it thickens and flavor with vanilla, grape juice, wine or whatever desired.

Mrs. D. A. Lehman.

PRUNE WHIP

After cooking ⅓ pound of prunes, remove stones and add ½ cup sugar and cook 5 minutes. Put through colander and

cool. Just before serving beat whites of 6 eggs very stiff, add prunes and ½ teaspoon lemon juice. Bake in moderate oven until brown and serve at once with whipped cream.

Mrs. D. A. Lehman.

PINEAPPLE TAPIOCA

1½ Pints sweet milk, 2 eggs well beaten, ½ cup sugar, ½ of a pint can grated pineapple, ½ cup "One Minute" tapioca. Soak tapioca in milk, add eggs, pineapple and bake, stirring 3 times while baking. Place pan in another pan filled with water while baking. Mrs. W. V. Rathbone.

SUET PUDDING

1½ Cups suet chopped fine, 2 cups flour, 1 cup sweet milk, 1 cup sugar, ½ cup molasses, 1½ cups raisins, ½ teaspoon soda in a little water. Steam 3 hours. Sauce: 1 Pint water, lump butter size of an egg, scant cup sugar. Thicken with a little flour wet with water and flavor with vanilla.

Mrs. C. A. Taylor.

SUET PUDDING

2 Cups bread crumbs, ½ cup suet, ½ cup milk, ½ cup corn syrup, 1 cup raisins, 1 egg, ½ teaspoon soda dissolved in milk, 1 teaspoon cinnamon, ½ teaspoon nutmeg. Mix and steam in baking powder tin. Sauce: 1 Tablespoon butter creamed with 1 teaspoon flour, 1 cup sugar, 1½ cups water. Boil and flavor with vanilla. Mrs. Grace Ledford.

SUET PUDDING

1 Cup each stoned raisins, currants and suet, ½ teaspoon each cinnamon and nutmeg, 1 egg, pinch salt, 1 cup sorghum, 1 cup sweet milk, 1 teaspoon soda in little of the milk, 3 cups flour. Put in 2 baking powder cans and steam 2 hours. The oftener steamed the better.

Mrs. D. A. Lehman.

VEGETABLE PUDDING

1 Cup ground carrots, 1 cup ground potato, 1 pound raisins, 1 tablespoon shortening, 1 cup flour, 2 teaspoons spices, 1 cup sugar, 1 tablespoon soda in ¾ cup hot water.

Steam 2 or more hours. SAUCE: 1 Tablespoon butter, 1 egg, ½ cup sugar, pinch salt. Mix these and pour on 1 cup boiling water, stirring constantly. Flavor.

MRS. J. E. HOLMES, Galesburg, Ill.

VICTORY PUDDING

Dissolve 1 package lemon Jello in 2 cups boiling water and pour over 1 cup Grape Nuts, 1 cup raisins, 1 scant cup sugar, 1 cup cooked prunes cut fine, 1 teaspoon each cinnamon and allspice, pinch salt. Mold and serve with whipped cream. MRS. G. O. PROFFITT, Webster Grove, Mo.

BAKED APPLE DUMPLINGS

Make a sour milk and soda biscuit dough only use more shortening and add 2 tablespoons sugar. Roll out in pieces large enough for 1 dumpling, but not too thin. Have apples peeled, cut in ⅛ pieces, slightly cooked and drained. Wrap several pieces of apple in each piece of dough, adding sugar and cinnamon. Put in greased pan, pour a little water in pan and set in oven to bake. Make a sugar sauce and serve each dumpling with this sauce and cream.

MRS. CLARENCE BONNELL.

CUSTARD SOUFFLE

1 Tablespoon butter, 2 tablespoons flour, cream together on stove and add 1 cup milk, ½ cup sugar and cook until thick, then cool. Beat 4 eggs separately, add yolks first then fold in whites. Flavor with vanilla. Bake in a slow oven 15 minutes and serve with plain cream.

MRS. D. A. LEHMAN.

FOOD FOR THE GODS

1 Pound English walnuts broken, ½ pound dates cut fine, 2 cups granulated sugar, 6 eggs beaten separately, 9 tablespoons rolled cracker crumbs, bake in slow oven about 1 hour. Serve with whipped cream. This amount will serve 12 or 15 persons. MRS. CLARA M. HARVEY.

FOOD FOR THE GODS

3 Tablespoons sugar, ½ cup corn syrup, 3 eggs, yolks and

whites beaten separately, 7 heaping tablespoons crumbs, 1 level teaspoon baking powder, 1 package dates, 1 cup nuts. Bake 40 minutes in a slow oven and serve with whipped cream. MRS. IDA E. STILWELL.

STRAWBERRY SHORTCAKE

1 Quart flour, 3 tablespoons butter, 1 cup milk, 1 egg, 1 tablespoon sugar, 2 teaspoons baking powder. When baked and while warm open the cake and spread with butter. Have berries crushed and covered with sugar, spread between cake and on top. Serve with cream.

MRS. CLARA M. HARVEY.

ICE BOX CAKE

Line dish with Lady Fingers or strips of Ward Sponge cake. 1 Pint cream whipped very stiff, whites 2 eggs beaten very stiff, 2 tablespoons Knox gelatine dissolved in $\frac{1}{3}$ cup sweet milk, use double boiler. Drop hot gelatine into eggs as for frosting and when cool enough not to melt cream, mix with cream. (Do not let eggs and milk get cold or mixture will be lumpy.) Add $\frac{1}{2}$ cup powdered sugar and a little vanilla. Any dry fruit such as strawberries or fresh peaches cut fine may be added. Pour into dish lined with Lady Fingers and garnish top with same. Set in ice box and when cold turn on chop plate and serve like slices of cake with coffee. MRS. G. T. GASKINS.

ORANGE TAPIOCA FLUFF

$\frac{1}{2}$ Cup Minute tapioca, 1 cup sugar, 2 cups water, 3 oranges, 2 eggs. Cook tapioca, sugar, water in a double boiler until clear; add the orange juice about 3 minutes before taking off the stove. When cool, fold into it the well-beaten whites of the eggs. Serve with a soft custard made with the yolks of the eggs, 2 cups milk and 1 cup sugar. MRS. NELIA GREGG.

SOUR CREAM CUSTARD

1 Cup sugar, 1 cup sour cream, 1 rounded tablespoon flour, 1 tablespoon vinegar, $\frac{1}{2}$ cup dates, 2 eggs. Mix all

together except whites of eggs. When custard is cooked, beat white of eggs stiff, add a little sugar, spread on custard and brown in oven. Miss Emma Wright.

FLOATING ISLAND

1 Quart milk, 4 eggs, 4 tablespoons sugar. Put milk in double boiler and when hot pour over beaten yolks. Put back on fire and stir constantly until it thickens. Remove from fire, stir in beaten whites, reserving 1 for the "Island" on top, when cold flavor with vanilla.

Mrs. D. A. Lehman.

KISSES

Whites of 6 eggs with a pinch salt beaten stiff. Add 2 cups granulated sugar. Beat all together hard and add ½ teaspoon vinegar, ½ teaspoon vanilla, and put in piles on greased pans and bake slowly 40 minutes. This makes from 8 to 10 kisses.

Garnish for Kisses: 1 Cup cream whipped, ¼ cup candied cherries cut fine, ¼ cup candied pineapple cut very fine, ¼ cup blanched almonds cut very fine. Fold fruit and nuts into the whipped cream, taking care not to break down the cream. Cover the top of the kisses with this mixture.

Mrs. C. E. Combe.

KISSES

White of 1 egg beaten very stiff, ¼ cup sugar. Grease paper and drop meringue on paper with a tablespoon. Bake slowly until brown. When cool cut tops off, fill with fruit or cream, put tops on and serve. Mrs. D. A. Lehman.

SCALLOPED APPLES

4 Cups sliced apples, ¼ cup melted butter, 2 cups bread crumbs, ¼ cup sugar, rind and juice 1 lemon, ¼ teaspoon cinnamon or nutmeg. Mix crumbs, butter, spice, sugar and lemon together and spread ⅓ of the mixture in bottom of baking dish, then a layer of apple and another layer of crumbs, having a layer of crumbs on top. Serve with cream. Mrs. G. T. Gaskins.

SMOTHERED BANANAS

Peel and cut 4 large bananas in half lengthwise, then cut in halves crosswise. Melt 2 tablespoons butter, add 2 tablespoons sugar and ½ cup orange juice. When hot add the prepared bananas and cook until soft. Remove bananas to hot serving plates and pour over orange sauce made as follows: Mix 2 teaspoons cornstarch and 1 cup sugar. Add 2 cups boiling water and cook slowly for 20 minutes, stirring constantly first 5 minutes. Add grated rind and juice 2 small oranges, 1 tablespoon lemon juice and ½ tablespoon butter. Serve hot. May be used as light dessert or with a meat course. MRS. G. G. MUGGE.

BAVARIAN CREAM

1 Package Knox gelatine soaked in 1 cup cold water for 2 hours, 1 can shredded pineapple boiled slowly with 1 cup sugar for 20 minutes. Just before removing from the fire add the gelatine. When cold beat in 1 pint whipped cream. Put into molds. Make the day before and keep on ice. Serve with whipped cream. MRS. W. V. RATHBONE.

ANGELS' DELIGHT

1 Cup pineapple cut in pieces, ½ package marshmallows cut in quarters, 1 cup chopped almonds. Whip ½ pint cream and let marshmallows stand in cream for 2 hours. Just before serving add other ingredients.

MRS. D. A. LEHMAN.

MACAROON PUDDING

Cream until very light the yolks of 8 eggs. Add 4 tablespoons of dry gelatin and 2 cups of sugar to the yolks and beat *very* light. Let 1 pint of milk get very hot in a double boiler, then add yolks. Cook until done but not too long or it will curdle. Let cool, then fold into the custard the stiffly beaten whites of the eggs. Pour this over broken macaroons and chopped almonds—or other nuts. Pour into a mold and let cool. Use 2½ dozen large macaroons and ¼ lb. nuts. This makes about 1 gallon.

MRS. GEO. STEPHENS.

PINEAPPLE CAKE

Cream in warm skillet 1 cup brown sugar and ½ cup butter. Drain 1 small can of pineapple and place it over the sugar in skillet. Mix any good sponge cake batter and spread it over the pineapple and bake in a slow oven. Serve plain or with whipped cream or any good pudding sauce.

Mrs. D. B. McGehee.

SUET PUDDING SAUCE

Cream 2 cups sugar, 1 cup butter and yolks of 5 eggs together well, then add 2 tablespoons vinegar and put in double boiler and cook slowly 45 minutes or 1 hour, then add the stiffly beaten whites of the eggs and 2 teaspoons of lemon extract.

One cup milk may be added if desired.

Mrs. J. B. Blackman.

FROZEN DESSERTS

APRICOT SHERBET

Run through sieve: 1 Can apricots, 3 or 4 lemons and 3 or 4 oranges; boil 1 quart sugar in 1 quart water. Add beaten whites of 2 eggs and when partly frozen add 1 pint of cream. This makes 1 gallon. Mrs. H. P. Barnes.

CRANBERRY ICE

2 Quarts of cranberries cooked and put through the colander. Juice 2 lemons and 4 oranges. Enough water to make 3 quarts, add sugar to taste, whites 2 eggs beaten stiff and put in when nearly frozen. Mrs. R. F. Brown.

FIVE FROZEN THREES

Juice of 3 oranges, 3 lemons, 3 bananas, 3 cups sugar and 3 cups water. Make syrup of sugar and water and let cool. Put bananas through sieve. Use the grated rind of 1 orange. Add enough water to make 1 gallon.

Mrs. D. B. Harvey.

GRAPE SHERBET

Make a syrup of $\frac{3}{4}$ pint sugar and 1 pint water. When cool add 1 pint grape juice, 1 tablespoon each orange and lemon juice. When partly frozen add the beaten whites of 2 eggs. Mrs. D. A. Lehman.

ICE CREAM

5 Eggs, 1 pint sugar, $1\frac{1}{2}$ pints milk. Make into a thick custard in double boiler, strain through coarse cloth, add 1 quart cream, whipped, flavor to taste.

Mrs. Grace M. Baker.

MILK SHERBET

1 Quart sweet milk, 2 cups sugar, juice 2 lemons and 2 oranges. Dissolve sugar in milk and half freeze, add juices and finish. Pack well and let stand 2 hours. Makes $\frac{1}{2}$ gallon. Mrs. G. B. Rice.

MAPLE NUT ICE CREAM

1 Cup maple syrup, ⅓ cup sugar, 2½ cups milk, 3 eggs well beaten, 1 cup nuts (chopped fine), 1½ cups heavy cream. Mix thoroughly and freeze in 3 parts ice to 1 of salt.

MRS. C. E. COMBE.

ORANGE SHERBET

3 Oranges, 1 lemon, grated rind and juice of each. Dissolve 2½ cups sugar in the juice. Beat 1 egg and 1 pint cream, add 1 quart milk, mix and freeze.

MRS. M. S. COLEMAN.

PINEAPPLE SHERBET

½ gallon water, 3 cups sugar, 7 tablespoons flour, juice 4 or 5 lemons, 1 large can sliced pineapple. Mix flour and sugar thoroughly, add to water and boil until done. Cool and add pineapple cut very fine, mixed with lemon and pineapple juices. Freeze and pack. MRS. WILL FERRELL.

FRUIT MOUSSE

Sprinkle any fruit with sugar and let stand until sugar is dissolved and 1 pint of juice is drawn off. Mash and strain. Soak ¼ box gelatine in ¼ cup cold water 20 minutes. Pack mold in ice and salt, whip 1 pint cream. Dissolve gelatine in ¼ cup boiling water and strain into juice. Set all in a pan of ice, stir constantly and as it begins to thicken stir in whipped cream. When well mixed pour into molds, cover and let stand 3 hours. MRS. D. A. LEHMAN.

MAPLE MOUSSE

Beat yolks 4 eggs and pour over them ½ cup hot maple syrup. Let cook a little and after cooling beat with an egg beater until double in bulk. In the meantime whip 1 pint cream and fold into the other mixture and pack in freezer.

MRS. M. S. COLEMAN.

STRAWBERRY MOUSSE

1 Cup well mashed strawberries, 1 cup granulated sugar, white 1 egg. Beat all together until it stands, then chill.

MRS. FRED BAUMER.

HOT CHOCOLATE FOR ICE CREAM

Let $2\frac{1}{2}$ cups sugar and $3\frac{1}{2}$ cups water boil 5 minutes, moisten 2 tablespoons cornstarch and stir into boiling syrup and cook 2 or 3 minutes. Melt 5 squares Baker's chocolate, grated, by pouring into the hot syrup and put on the back of the stove, where it will keep hot but not cook. Pour over cream just before serving. MRS. D. B. HARVEY.

MAPLENUT BLANC-MANGE

1 quart sweet milk (cream taken off).
1 egg well beaten.
Caramelize $\frac{3}{4}$ cup white sugar.
$\frac{1}{4}$ cup white sugar.
$\frac{1}{4}$ cup cornstarch.
$\frac{1}{4}$ teaspoon salt.

Mix dry ingredients and dissolve in little milk. Put all together in double boiler and stir constantly till begins to thicken, cook 45 minutes. Add 1 cup black walnut meats when you take from fire. Chill and serve with whipped cream.

CAKES

CAKE HINTS

Rich cakes need plenty of beating to fill the batter with air and make it light, but cakes that are mostly of beaten eggs, angel food and sponge, must be treated very lightly or the air held by the eggs will be liberated and the cake made tough.

Cakes are guaranteed not to stick in tins that have had flour sprinkled over them after greasing thoroughly. This also improves the lower crust.

Skimp the milk measure a little, beat a little hot water in just before making and notice improvement.

Too many eggs harm, rather than help many cakes, by making them seem solid.

Cake must be baked till done, determine by testing with clean broom splint; but to leave it in the oven longer is to shrink and toughen it.

ANGEL FOOD

1 Cup egg whites (9 to 11), 1 level teaspoon cream of tartar mixed with 1 cup Swans Down flour, 1½ cups fine granulated sugar (flour and sugar sifted 5 times before measuring), ¼ teaspoon salt, 1 teaspoon vanilla, ¼ teaspoon almond flavoring. Beat eggs until stiff but not too dry, add salt, fold in sugar 1 tablespoon at a time, add flavoring and fold in flour same as sugar. Put in ungreased pan and bake 50 to 60 minutes. MRS. D. A. LEHMAN.

ANGEL FOOD

1 Cup egg whites, 1¼ cups sugar, 1 level cup flour sifted 3 times, 1 teaspoon cream of tartar, 1 teaspoon flavoring, a pinch salt. Beat eggs and salt until eggs are foamy, add cream of tartar and beat until stiff. Add sugar, flavoring and flour, fold in gently with mixing spoon. Bake 20 to 25 minutes.

For larger cake 1½ cups egg whites, 1½ cups sugar and a

rounded cup flour, same amount of salt, cream of tartar and flavoring. Mix as in first and bake 30 minutes.

Mrs. Warner Bramlet.

ANGEL FOOD

1 Cup Swans Down flour sifted 7 times, 1½ cups sugar sifted 7 times, whites 11 eggs beaten stiff, 1 teaspoon cream of tartar, a pinch salt and 1 teaspoon vanilla. Beat the whites very stiff, adding cream of tartar as soon as eggs begin to froth, then add the sugar gradually, then the salt, then fold in the flour and add the vanilla. Bake 1 hour in slow oven. Mrs. C. F. Elder.

ANGEL FOOD

Whites of 8 large or 9 medium eggs, 1¼ cups granulated sugar, 1 cup Swans Down cake flour, ½ teaspoon cream of tartar, a pint salt added to eggs before beating, flavor to taste. Sift, measure and set aside sugar and flour, whip eggs to foam, add cream of tartar and whip until very stiff, then fold in sugar, flavor and add flour and fold in lightly through. Put in a moderate oven at once. Will bake in about 25 minutes. Should not take longer, as baking too long dries out moisture and makes cake tough and dry. When it is done it begins to shrink; let shrink back to level of pan, take out and invert immediately, rest on center tube and let hang until perfectly cold, then cut cake loose from around sides and center tube. Mrs. W. J. Blackard.

ANGEL FOOD

Beat to a stiff froth with a pinch of salt the whites of 11 eggs, mix in gradually a cup and a half powdered sugar, then add a cup of flour sifted twice with a teaspoon of cream of tartar. Mix smooth and add the strained juice of half a lemon. Put into a smooth ungreased pan. Bake in a moderate oven for ½ hour. Take up and turn the pan upside down on a cloth and let it stand until the cake falls out.

Mabel Dale.

ANGEL FOOD

1½ Cups sugar, sifted 7 times, 1 scant cup Swans Down

flour sifted 7 times. After the third time measure again. The whites of 11 or 12 eggs, beaten stiff but not dry, mix ½ teaspoon (level) cream of tartar with eggs after they have been beaten to a froth, then fold in sugar, add 1 teaspoon flavoring and lastly fold in flour. Bake in a very slow oven for 1 hour. Do not open oven for first 15 minutes. Have oven real cool at first then increase heat the last half hour very slowly. MRS. J. B. HETHERINGTON, JR.

ANGEL FOOD

1 Tumbler of flour (scant), 1 tumbler sugar (heaping), whites 12 eggs, pinch salt in eggs, ⅔ teaspoon cream of tartar. Sift flour and sugar separately 7 times. When eggs are half beaten add cream of tartar. Fold in sugar then fold in flour, 1 teaspoon almond flavoring.

MRS. MARGARET HIXSON.

ANGEL ORANGE CAKE

1 Cup egg whites, 1¼ cups sugar, 1 cup Swans Down flour, 1 teaspoon cream of tartar, flavoring. Sift flour before measuring, then sift three times. Beat egg whites until frothy and add cream of tartar and beat until they will stand of their own weight. Fold in sugar quickly, flavor, fold in flour and bake in an ungreased pan. When cold spread the following orange filling:

ORANGE FILLING: 1 Cup sugar, juice of half a lemon, ⅓ cup of flour, 2 tablespoons butter, 3 egg yolks, ¼ teaspoon salt and 1 cup orange juice. Mix sugar, flour, salt and fruit juice and cook in double boiler, stirring until thick. Add butter and egg yolks well beaten and cook 2 minutes longer. Chopped almonds improve this filling. RUBY RICE.

WHITE CAKE

2 Cups sugar, ½ cup butter, 5 egg whites, 3 cups flour, 1 cup sweet milk, 3 teaspoons baking powder, 1 teaspoon vanilla. Mix, beat well and bake in a moderate oven.

MRS. W. T. SKAGGS.

WHITE CAKE

Whites of 5 eggs, 1½ cups sugar, 3 cups flour measured before sifting, 1 cup milk, ¾ cup butter (scant), 1 teaspoon soda and 2 teaspoons cream of tartar. Makes 3 large layers.

MRS. ART[illegible]R CLARK.

WHITE LAYER CAKE

2 Cups sugar, 1 cup butter, 4 to 8 whites of eggs, 3 cups flour, 1 heaping teaspoon baking powder, 1 cup sweet milk, 1 teaspoon flavoring. Makes 3 good layers.

MRS. J. B. HETHERINTON, JR.

WHITE CAKE

1½ Cups sugar, 1½ cups flour, ½ cup cornstarch, ½ cup milk, ½ cup butter, whites 6 eggs, 1 teaspoon baking powder, flavor. Mix in the[illegible] MRS. ROY L. SERIGHT.

[illegible]ext with[illegible]

FEATHE[illegible]

¾ Cup butter, 2 cups sugar, 1 cup sweet milk, 3 cups sifted flour, sifted with 3 teaspoons baking powder, whites 8 eggs, ¼ teaspoon almond extract and ½ teaspoon vanilla. Cream butter and sugar, and add 1 at a time the unbeaten egg whites and beat mixture vigorously after each white is added. Add the flour and milk alternately and give a thorough beating when all has been added. Bake in layers in a moderate oven. MRS. C. E. COMBE.

WHITE CAKE

1 Cup butter, 2 cups sugar, 1 cup sweet milk, 3 cups flour, whites 5 eggs, 2 teaspoons baking powder. Cream butter and sugar until very fluffy, pour milk in, stirring while it is being poured, add baking powder to flour and sift 5 times. Beat whites of eggs to stiff froth and add last.

FILLING: 2 Cups sugar and 1 cup water, cook until it threads. Remove from stove and pour over the beaten whites of 2 eggs and flavor. MRS. HARRY BARTER.

WHITE LAYER CAKE

½ Cup butter, 1 cup sugar, ½ cup milk, 2 scant cups flour, 1½ teaspoons Calumet baking powder, whites 4 eggs, ½ tea-

spoon of vanilla. These measures are level, do not heap. Mix flour and baking powder, cream butter and sugar, add milk and flour alternately, then vanilla and beaten whites. Bake in 2 layers in hot oven. Use any desired filling.

MRS. GRACE BAKER.

GOLD AND WHITE CAKE

White part: 1 Cup sugar, ½ cup shortening (Crisco), 2 cups flour, pinch salt, 3 teaspoons baking powder, 3 egg whites, ⅔ cup milk, or water (water preferred, more tender), flavoring.

Yellow part: Use the same ingredients as above, only use a little less shortening (rake off a little) and add the yolks of 3 eggs. Mix as any other cake. Bake 1 yellow layer and 1 white one. Use chocolate icing as follows: 1 Cup sugar, ½ cup milk, 2 [illegible] tablespoons cocoa, 2 tablespoons butter and 2 teaspoons vanilla.

MRS. OTTO BAKER.

WHITE LAYER CAKE

2 Cups sugar, 1 scant cup butter, 1 cup sweet milk, 3 cups flour, 3 level teaspoons baking powder, 1 teaspoon vanilla and whites 8 eggs. Mix, bake and put together with any preferred filling. MRS. T. O. ELLIOT.

P. E. O. CAKE

1 Scant cup sugar, ½ cup butter. Put whites 2 eggs in a cup and fill the cup with sweet milk, add to creamed butter and sugar 2 teaspoons baking powder sifted with 2 cups flour, 1 teaspoon vanilla. Bake in layers. FILLING: Take the yolks of 2 eggs, add to 1 cup powdered sugar, 1 teaspoon vanilla. Beat well and put between layers.

MRS. FRED BAUMER.

WHITE CAKE

1 Cup butter, 2 cups sugar, 1 cup sweet milk, whites 4 eggs, 3 cups flour, 1½ teaspoons baking powder, flavoring. Cream butter and sugar and add milk and white of 1 egg; beat 2 or 3 minutes, then add 1 cup flour and 1 egg white and beat as be[illegible] continue adding flour and egg until 3

cups of flour and 4 eggs have been used. Do not beat eggs first. Add baking powder in the last cup of flour. Bake in 2 layers and put together with icing.

MRS. O. M. ARRAKER.

DREAM CAKE

½ Cup butter, 1¾ cups sugar, 1 cup sweet milk, 2¾ cups flour, whites 5 eggs, 3 teaspoons baking powder. Cream the butter, adding the sugar a little at a time until the whole is light and fluffy. Sift the flour 3 times, then measure and sift with the baking powder, adding this to the sugar and butter, alternating with the milk, then add the stiffly beaten whites of the eggs. Beat until smooth and bake in 3 layers. The 2 lower layers are frosted with confectioner's sugar and the white of an egg; the frosting for the bottom layer is flavored with lemon, the next with vanilla and the top layer is thickly covered with cocoanut and is flavored delicately with a few drops of rose water. MRS. ELLA MARSH.

LADY BALTIMORE CAKE

1 Cup butter, 2 cups powdered sugar, 1 cup milk, juice 1 lemon, whites 6 eggs, 4 cups flour, 2 teaspoons baking powder. Rub the butter and sugar to a cream and add the milk; when well mixed, stir in the juice of a lemon and whip very light; stir in alternately the stiffened whites of eggs and flour sifted with the baking powder.

FILLING: Boil 3 cups granulated sugar with ½ cup water until it spins a thread. Pour over the beaten whites of 3 eggs and whip until you have a thick cream, then stir in gradually a cup of minced raisins and chopped pecans, with 5 figs that have been soaked soft in lukewarm water, then dried and minced. Spread between layers and frost on top.—*Curtis Cook Book.*

WHITE WASHINGTON CAKE

¾ Cup butter, 2 level cups sugar, 6 egg whites, 3 cups of flour, 2 teaspoons baking powder, 1 cup milk, ¼ teaspoon salt and flavoring. Cream butter and sugar, beat whites of eggs to a stiff froth, add them to butter and sugar

and beat well, then sift in flour, salt and baking powder. Add milk and ½ teaspoon vanilla and ½ teaspoon lemon. Divide into 2 or 3 buttered and floured cake tins and bake in a moderate oven 20 to 25 minutes.

FILLING: Put 1½ cups milk into a saucepan, with ½ cup sugar and 2 tablespoons butter, and bring to a boiling point. Blend a tablespoon flour with ½ cup milk, add 3 egg yolks and stir until thickened, then add 1 teaspoon vanilla, 1 cup nut meats, ½ cup raisins and put between layers. If only 2 layers, half of recipe will be plenty. Cover top with boiled frosting. MRS. M. S. COLEMAN.

WHITE CAKE

2 Scant cups sugar, ½ cup butter or Crisco (if Crisco is used add a pinch of salt), 1 cup sweet milk, 3 cups flour, 2 teaspoons baking powder, whites 5 eggs, ½ teaspoon lemon flavoring. MINNIE WELCH.

DELICATE CAKE

½ Cup butter, 1 cup sugar, ½ cup cold water, pinch salt, 2 cups flour, 2 teaspoons baking powder, whites 4 eggs. Cream butter and sugar, add water slowly with 2 tablespoons of flour. Add remainder of flour sifted with the baking powder. Fold in whites of eggs, flavor.

RUBY RICE.

SILVER CAKE

The whites of 8 eggs, 2 cups sugar, 1 cup butter, ¾ cup milk, 3 cups flour, 1 teaspoon cream of tartar and 1 of soda. Flavor with rose or vanilla. Mix and bake.

MRS. WOODROW WILSON.

WHITE CAKE

1½ Cups white sugar, ½ cup butter, 1 cup milk, 3 cups sifted flour, 3 teaspoons baking powder, 1 teaspoon flavoring, whites 3 eggs. Cream butter and sugar thoroughly, sift baking powder with flour twice, add milk and flour alternately to butter and sugar, beat thoroughly, then add flavoring and stifly beaten whites. Bake in moderate oven.

MRS. J. H. EISENHOWER.

SNOWFLAKE CAKE

Whites of 4 eggs, ½ cup butter, 1½ cups sugar, ¾ cup milk, 2 cups pastry flour sifted 4 times with 2½ level teaspoons of baking powder, 1 scant teaspoon lemon extract. Cream butter, add sugar and beat; add a little of the flour, then milk and flour alternately until all is used. Beat 5 minutes with an upward stroke and always in one direction. Add flavoring and stiffly beaten whites, cutting them in lightly. Bake in moderate oven. MRS. CLARENCE BONNELL.

WHITE CAKE

2 Cups sugar, ½ cup butter, 1 cup milk, 3 cups flour, 3 teaspoons baking powder, 4 egg whites, 1 teaspoon flavoring. Cream butter and sugar, adding 2 tablespoons of the milk to make creaming easy, sift flour and baking powder several times, adding this with the milk to butter and sugar, alternating. Beat well. Flavor and fold in egg whites.

RUBY RICE.

ARCHANGEL CAKE

Beat the whites of 8 eggs to a stiff froth, sift 2 cups of pulverized sugar and beat with 1 cup of butter until it is light and creamy; to this add 2 cups of flour that has been sifted with a teaspoon of baking powder, ¼ teaspoon of salt, continuing to beat as the flour is added. Add a teaspoon of lemon extract and last of all add the stiffly beaten whites. Beat all together very thoroughly and bake in a quick oven.

KATE HARRIS.

WHITE LOAF CAKE

1½ Cups sugar, ½ cup butter, 1 cup sweet milk, 3 cups flour, 2 teaspoons baking powder, ½ teaspoon vanilla and 5 egg whites. MRS. JULIAN BRASHEARS.

SNOW CAKE

Cream ½ cup butter and 1 cup sugar, add alternately 2 cups flour and ½ cup sweet milk. Sift 2 teaspoons baking powder in flour and add the stiffly beaten whites of 4 eggs. Bake in 1 loaf. MRS. A. A. LEHMAN.

WHITE LOAF CAKE

1 Cup butter, 2 cups sugar, 1 cup sweet milk, 3 cups flour, 3 level teaspoons baking powder, 1 teaspoon vanilla and whites of 8 eggs. Cream the butter and sugar, add the milk, then the flour and baking powder sifted together, then vanilla and lastly the egg whites beaten stiff. Bake in a loaf. MRS. A. E. SOMERS.

DOLLY VARDEN CAKE

Whites of 3 eggs, $1\frac{1}{4}$ cups powdered sugar, $\frac{1}{2}$ cup butter, 2 cups flour with $1\frac{1}{2}$ teaspoons baking powder. Cream butter and sugar, add stiffly beaten whites of eggs, mix flour and baking powder and lastly the milk and flavoring. Is especially good with fresh fruits. MRS. M. S. COLEMAN.

WHITE LOAF CAKE

White of 8 eggs, $2\frac{1}{2}$ cups of pastry flour, $\frac{3}{4}$ cup butter, $\frac{1}{2}$ cup water, $1\frac{1}{4}$ cups granulated sugar, 2 heaping teaspoons baking powder. Cream butter and sugar (warm sugar very slightly if butter is cold; never warm butter), pour water on top of butter and sugar, pour slightly whipped whites on top of water (do not stir water in butter and sugar), then add pastry flour and baking powder that has been sifted together 3 times; add extract, beat hard until fine as velvet. Pour into ungreased pan, put in slow oven, let it raise to top of pan, then increase heat and finish baking as rapidly as possible without burning. Watch oven as for Angel Cake, cool oven in same manner; when cake is done it will feel firm under finger tip touch; do not bake too dry. It should stay in pan same as Angel Cake. Cut out of pan when cold.
IGLEHEART.

MARBLE CAKE

WHITE PART: Mix together 2 cups flour, 1 cup sugar and $1\frac{3}{4}$ teaspoons baking powder, add $\frac{1}{2}$ cup sweet milk and $\frac{1}{4}$ cup soft butter and whites 2 eggs. Beat hard for 3 minutes.

DARK PART: Same as white except mix $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{4}$ teaspoon cloves with the

dry ingredients and use the egg yolks instead of the whites. Bake in loaf, alternating light and dark.

Mrs. Harry Woolcott.

WHITE OR CHOCOLATE CAKE (Never Fails)

½ Cup butter, 1 cup sugar, 2 cups cake flour, 3 teaspoons baking powder, 3 egg whites, ½ cup milk, ½ teaspoon flavoring. Double recipe for larger cake. For Marble Cake divide the dough and to one-half add 2 squares of chocolate, ¼ teaspoon soda, scant teaspoon cinnamon and ¼ teaspoon cloves. Bake in loaf, alternating light and dark.

Mrs. G. G. Mugge.

SOUR MILK CAKE

1 Heaping cup sugar, ½ cup butter and lard mixed, 1 egg, 1 cup sour milk, ½ teaspoon soda, a teaspoon lemon and a teaspoon vanilla, flour to make a stiff batter, add ½ cup chopped nuts to flour before mixing. Bake in loaf.

Mrs. Fred Baumer.

CUP CAKE

Put 2 egg whites in a cup and half fill with butter which has been creamed. Finish filling with milk, add 1 cup sugar. Sift together 2½ cups flour and 2 heaping teaspoons baking powder, add to the above; flavor. 1 Whole egg may be used in place of the 2 whites. Beat 5 minutes.

Ruby Rice.

GOOD CAKE

1 Tablespoon butter, 1 cup sugar (heaping), 1 cup cold water, 2 cups flour, 2 teaspoons baking powder, 2 egg whites beaten stiff (or 1 whole egg). Beat and bake 40 minutes in lukewarm oven, in greased, floured pan.

Mrs. W. V. Rathbone.

VINEGAR CAKE

4 Eggs, 1 cup sugar, 1 cup flour, 1 tablespoon vinegar, flavoring. Beat egg yolks until very light, then add vinegar. Beat whites and add sugar to them, mix yolks and whites together, add flour, flavoring and bake.

Mrs. A. A. Lehman.

GOLDEN CREAM CAKE

1 Cup sugar, ½ cup butter, whites 3 eggs, ⅔ cup milk, ½ teaspoon baking powder, 1½ cups flour. Flavor with vanilla. Cream butter and sugar thoroughly, then add milk, flour and eggs beaten well.

Ice Cream Filling: 2 Cups sugar, ⅔ cup water; let boil until it threads, beat this into the whites of 2 well-beaten eggs. Flavor with vanilla. Mrs. W. V. McAdoo.

GOLD CAKE

Yolks of 8 eggs, 1 cup sugar, ¾ cup butter, ½ cup sweet milk, and 1½ cups flour, 1 teaspoon cream of tartar, ½ teaspoon soda. Flavor with lemon.

Mrs. Woodrow Wilson.

HONEY CAKE

1½ Cups honey, ½ cup butter, 3 eggs, 5 cups flour, 2 teaspoons cinnamon, ½ teaspoon salt, 1½ teaspoons soda, 2 tablespoons orange juice. Add nuts and raisins if desired. Bake in a loaf in a slow oven. Mrs. C. E. Combe.

SUNSHINE CAKE

Whites of 7 eggs and yolks of 5, 1 cup sugar, ¾ cup flour, 1 level teaspoon cream of tartar, 1 teaspoon vanilla and a pinch of salt. Sift sugar and flour twice before measuring. Beat yolks and whites separately, yolks first, then whites in the mixing bowl. Put a pinch of salt in whites when beating is begun, when half beaten add cream of tartar, when whites are stiff, add sugar slowly, then beaten yolks, then flour and flavoring. Bake 1 hour in slow oven.

Mrs. D. B. Harvey.

POUND CAKE

Cream ½ cup butter (scant) and 1½ cups pastry flour (sifted once). Beat the yolks of 5 eggs until thick and lemon colored and add 1½ cups powdered sugar gradually while beating constantly. Combine the mixtures and add the whites of 5 eggs beaten until stiff, and 1 teaspoon vanilla. Sift over 1 teaspoon baking powder and beat thoroughly.

Turn into a buttered and floured shallow square pan and bake in a moderate oven. Remove from pan and cut in squares. Cover with frosting and garnish with nut meats, shredded cocoanut, glaced cherries, candied violets, or candied rose leaves. MRS. ELLA MARSH.

LOAF CAKE

2 Cups sugar, 8 egg whites or 4 whole eggs, 1 cup butter, 1 cup milk, 2½ cups flour and ½ cup cornstarch or 3 cups pastry flour, 3 teaspoons baking powder. Flavor to taste.

MRS. C. E. COMBE.

WHITE FRUIT CAKE

1 Cup butter, 2 cups sugar, 1 cup sweet milk, 2½ cups flour, whites of 7 eggs, 2 teaspoons baking powder. Mix and add 1 pound each of seeded raisins, figs, blanched almonds, ¼ pound citron, all chopped fine; 1 cup cocoanut. Mix batter well before adding fruit. Sift a little flour over fruit before adding. Bake slowly 2 hours.

MRS. GEORGE MORRIS.

WHITE FRUIT CAKE

Work ⅔ of a cup of butter until creamy, add gradually 2 scant cups pastry flour, mixed and sifted with ¼ teaspoon of soda; then add ½ teaspoon lemon juice. Beat the whites of 6 eggs until stiff; then add gradually while beating constantly 1¼ cups of powdered sugar; combine mixtures and when thoroughly blended add ⅔ cup of candied cherries, ½ cup each sliced citron and blanched almonds shredded, add 1 teaspoon almond extract. Turn into a pan and bake in a moderate oven 1 hour. KATE HARRIS.

COFFEE CAKE

Sift together twice 1 cup flour, ½ cup sugar, 3 teaspoons baking powder, ½ teaspoon salt, ½ teaspoon cinnamon. Mix to soft dough with 4 tablespoons melted butter, a well-beaten egg, separate, and ½ cup sweet milk. Bake a in shallow pan, sprinkle sugar and cinnamon on top.

MRS. D. A. LEHMAN.

BOSTON CREAM PIE

$\frac{1}{3}$ cup butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour and 3 teaspoons baking powder. Cream butter and sugar and add well-beaten eggs, then alternately milk and dry ingredients well sifted. Bake in 2 layers and put together with the following English Cream Filling, with whipped cream on top.

English Cream Filling: 1 Cup sugar, $\frac{1}{3}$ cup flour, $\frac{1}{8}$ teaspoon salt, 2 eggs, 2 cups milk and 1 teaspoon vanilla. Mix dry ingredients and milk and yolks well beaten, cook in double boiler, stirring constantly until thick. Remove from fire and cool and fold in whites and flavor.

Ruby Rice.

BERWICK SPONGE CAKE

3 Eggs, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup water, 2 cups flour, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda, flavor with lemon. Beat eggs separately, add sugar, water and lemon extract to yolks of eggs, then flour sifted with soda and cream of tartar and whipped whites. Bake in a loaf.

Mrs. G. G. Mugge.

WHITE SPONGE CAKE

Whites of 5 eggs, 1 cup flour, 1 cup sugar, 1 teaspoon baking powder, 1 teaspoon lemon extract.

Kate Harris.

SPONGE CAKE

4 Eggs, 1 cup flour, 1 cup sugar, $\frac{1}{2}$ tablespoon lemon juice, a pinch salt. Beat egg whites until stiff, add sugar, flour, lemon juice and salt and well-beaten yolks. Bake in an ungreased pan.

Ruby Rice.

SPONGE CAKE

4 to 6 Eggs, 1 cup sugar, $\frac{1}{2}$ teaspoon salt, 1 tablespoon lemon juice, grated rind of half a lemon, and 1 cup pastry flour. Beat well and bake.

Mary Margaret Clark.

SMALL CHOCOLATE CAKE

$\frac{1}{4}$ Cup shortening, 1 cup sugar, 1 egg yolk, 2 squares chocolate, $\frac{1}{2}$ cup hot water, $\frac{1}{2}$ teaspoon salt, $1\frac{3}{4}$ cups pastry

flour, 1½ teaspoons baking powder, ½ teaspoon soda, another ½ cup hot water. Cook and stir chocolate and ½ cup hot water about 3 minutes until thick and glossy. Remove from fire, add egg yolk, shortening, sugar and salt. Stir in dry ingredients, sifted together and second ½ cup boiling water and beat until smooth. Use white of egg for boiled icing. Easy to make and extra good.

GRACE LANE RAYMOND, Sidney, Ill.

ALMA GLUCK'S CHOCOLATE CAKE

1½ Cups sugar, 1 cup butter, 5 eggs, 1½ cups flour sifted twice, teaspoons baking powder, 2 ounces grated bitter chocolate, ¼ teaspoon pulverized coffee, ½ teaspoon vanilla, ¼ cup milk. Cream the butter and sugar, add the egg yolks and cream until very light; then add the chocolate, melted, the coffee and vanilla and alternately the flour mixed with the baking powder, and the milk and egg whites beaten stiff. Bake in 3 layers in a moderate oven. Put together with whipped cream or any desired filling.

CHOCOLATE CAKE

1 Tablespoon cocoa (rounding), 1 tablespoon lard, 1 heaping cup sugar, 1 cup sour milk or cream or both, 1 level teaspoon soda, yolks 2 eggs, 1½ cups flour and pinch salt. Bake in loaf.

MRS. ROY L. SERIGHT.

MAHOGANY CAKE

½ Cup butter creamed with 1½ cups sugar, 1 cup sweet milk, with full teaspoon soda dissolved in it, 3 eggs, 2 scant cups flour, 1 teaspoon vanilla, ½ cup cocoa sifted with the flour. Cream butter and sugar, add egg yolks and cream again, add milk a little at a time, then add flour and vanilla, then whites of eggs beaten very stiff. Bake in 3 layers and put together with Mocha Icing.

MOCHA ICING: 2 Cups powdered sugar ½ cup cocoa, 1 tablespoon vanilla, 4 tablespoons strong coffee, ½ cup butter. Cream sugar and butter, add cocoa and cream again, then liquids and beat until perfectly smooth.

MRS. W. V. RATHBONE.

BROWNSTONE FRONT CAKE

2 Cups sugar, ¾ cup butter, ¾ cup chocolate, the yolks of 6 eggs, 1 cup buttermilk, 1 level teaspoon soda, 1 teaspoon baking powder and 2½ cups flour. Melt the chocolate with just enough water to soften. MRS. G. T. GASKINS.

DEVIL'S FOOD

2 Cups sugar, ½ cup butter, ½ cup grated chocolate, 1 cup buttermilk, 1 teaspoon soda, 2½ cups flour, 1 teaspoon baking powder, 3 eggs and a pinch of salt. Flavor with vanilla.
MRS. JULIAN BRASHEARS.

DEVIL'S FOOD

Cream ½ cup butter, add gradually 2 cups sugar, then 3 eggs, beating well. Melt ½ cup grated chocolate in ¾ cup boiling water. Dissolve 1 teaspoon soda in ¾ cup sour cream. Add 3 cups of flour alternately with the liquids, beating the batter thoroughly. Bake in layers or large sheet. MISS EMMA WRIGHT, Home Advisor.

DEVIL'S FOOD

Cook together 2 tablespoons cocoa, ½ cup sweet milk, ½ cup sugar, 2 egg yolks, let cool and add vanilla.

PART 2: 1 Cup butter, 1 cup sugar, 2 egg whites and 1 whole egg beaten together, 1 teaspoon soda in 1 cup cold coffee, 2½ cups flour. Add custard and bake.
MRS. ROY L. SERIGHT.

COCOA FUDGE CAKE

1 Cup sugar, ½ cup butter, ½ cup sweet milk, 1½ cups flour, 2 eggs and 1½ teaspoons baking powder. Add 2 squares chocolate or 1 tablespoon cocoa, ½ teaspoon vanilla, ½ cup nut meats and ½ cup raisins. Use with caramel icing. MRS. D. A. LEHMAN.

DEVIL'S FOOD

2 Cups brown sugar, ½ cup butter, ½ cup sour milk, 1 teaspoon soda, 3 cups flour, 2 eggs, ½ cup chocolate, ½ cup boiling water and ½ teaspoon vanilla. Cream butter and sugar and add well beaten egg yolks, melt chocolate in hot water,

sift flour and soda together and add this alternately with the milk to the above. Fold in egg whites.

RUBY RICE.

QUALITY CAKE

PART 1: 4½ Ounces bitter chocolate, melted, 1 cup brown sugar, ½ cup milk.

PART 2: 7 Tablespoons butter, 1 cup brown sugar, 3 egg yolks, 2 cups flour, 1 teaspoon soda, ½ cup sweet milk.

Combine the ingredients of part 1, stirring them until smooth. While the mixture cools prepare part 2. Cream the butter and sugar, beat in the egg yolks and add alternately the milk with the flour and soda sifted together. Stir in part 1 and bake in 2 layers in a moderate oven for 30 minutes. Put together with white frosting.

KATE HARRIS.

MARBLE FRONT CAKE

1 Cup brown sugar, ½ cup butter, ½ cup milk, 3 eggs, yolks of all and whites of 1 (reserve other 2 whites for icing), 2 cups flour, ½ teaspoon soda, and 1 teaspoon baking powder.

PART 2: 1 Cup brown sugar and ½ cup sweet milk, ½ cup cocoa, all cooked together and cooled, then add to part 1.

MOCHA FILLING: Rub into 2 tablespoons melted butter 1 cup powdered sugar, a little at a time, 2 tablespoons warm coffee, 2 teaspoons cocoa. Spread.

MRS. D. A. LEHMAN.

BURNT SUGAR CAKE

Brown ½ cup sugar, cream 1½ cups sugar, ½ cup butter, add 1 cup cold water, 2½ cups sifted flour, 2 whole eggs, 2 teaspoons baking powder and ¼ cup burnt sugar. Bake in layers and put together with burnt sugar filling.

BURNT SUGAR FILLING: 2 Cups sugar, ½ cup water, 2 tablespoons milk; ¼ cup burnt sugar, cook until thick.

BESS S. PARISH.

BURNT SUGAR CAKE

½ Cup sugar burned and melted, add 1 cup boiling water, 1½ cups sugar, ½ cup butter, 1 cup milk, 3 cups flour, 3 eggs,

1½ teaspoons baking powder and 5 tablespoons of the burnt sugar, 1 teaspoon vanilla. Use the rest of the burnt sugar in the filling. MRS. SAM CAPE.

CRUMB CAKE

3 Cups flour, 3 teaspoons baking powder, 1 teaspoon nutmeg, 1½ cups sugar, ¾ cup butter and 3 eggs. Milk to make a stiff batter. Put flour, baking powder, butter, nutmeg, and sugar together (take out about a tablespoon of mixture for the top of the cake), add eggs to mixture, then the milk. Bake in a loaf. Put the tablespoon of mixture on cake before baking. MRS. FERD BAUMER.

APPLE SAUCE CAKE

2 Cups apple sauce, 1 scant cup sugar or molasses (if molasses is used a little more flour is needed), 3 cups flour, 3 scant teaspoons soda, ½ cup shortening, 1 cup nuts and 1 cup raisins. MRS. D. B. HARVEY.

APPLE SAUCE CAKE

1½ Cups sugar, 1 cup butter, 2 eggs, 1½ cups hot apple sauce, 2 cups flour, 1 teaspoon cinnamon, 1 of allspice and 1 of soda, 1 cup of nuts or raisins or both. Cream butter and sugar, add spices and cream, add beaten eggs, then apple sauce and flour with soda. Bake in large pan in moderate oven. MRS. W. V. RATHBONE.

APPLE CAKE

3 Cups flour, 1 scant cup sugar, ½ cup butter and lard mixed, 1 cup sweet milk, 2 teaspoons baking powder and a pinch of salt. Put in a shallow pan, peel and slice apples, lay on top of mixture, sprinkle with sugar and cinnamon and tiny bits of butter and bake. MRS. FRED BAUMER.

SPICE CAKE

2 Cups brown sugar, 2 cups flour, 1 cup sour cream, ½ cup of butter, 5 eggs, 1 teaspoon each soda, cloves, allspice, cinnamon, ⅔ teaspoon nutmeg, ½ teaspoon baking powder. Leave out the whites of 2 eggs for the icing. Use boiled icing. MRS. C. E. COMBE.

SPICE CAKE

1 Cup butter, 3 cups brown sugar, 4 eggs, 1 cup sour milk, 3 cups flour, 1 teaspoon each soda, cloves and spice, 2 teaspoons cinnamon, 1 cup raisins, 1 cup nuts. Cream butter and sugar and add well-beaten yolks. Sift soda and flour and spices together and add alternately with the milk and floured raisins and nuts, add the stiffly beaten whites of eggs and bake in a well buttered pan. RUBY RICE.

SMALL SPICE CAKE

1 Cup sugar, ½ cup butter, 2 cups flour, 1 egg, 1 cup sour milk, 1 level teaspoon soda, 1 teaspoon baking powder with the flour, 1 teaspoon each cloves, cinnamon, allspice and grated nutmeg. Cream butter and sugar, add egg and beat well, then add milk in which soda has been dissolved. Mix spices with flour and add alternately with milk. Bake 45 minutes. MRS. D. B. HARVEY.

SPICE CAKE

1½ Cups sugar, ½ cup butter (scant), 1 cup sour milk, 1 teaspoon soda in the milk, the yolks of 3 eggs and white of 1, 2 cups flour, 1 teaspoon each cinnamon and spice, ½ teaspoon nutmeg. Bake in 2 layers and put together with white icing. MRS. HARRY CLARK.

ECONOMICAL CAKE

1 Cup brown sugar, 1¼ cups water, ⅓ cup lard, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon allspice. Boil all these together for 5 minutes, when cool add this to 2 cups of flour to which have been added 1 teaspoon soda and 1 teaspoon baking powder. Bake in a moderate oven 20 or 30 minutes. GERTRUDE GIFFORD, Chicago.

EGGLESS, MILKLESS, BUTTERLESS CAKE

1 Cup brown sugar, 1¼ cups water, 1 cup seeded raisins, 2 ounces citron, cut fine (may be omitted), ⅓ cup shortening, 1 teaspoon nutmeg, 1 teaspoon cinnamon, ½ teaspoon salt, 2 cups flour and 5 teaspoons baking powder. Boil sugar, water, fruit, shortening, salt and spices together 3 minutes.

When cool add flour and baking powder which have been sifted together. Mix well and bake in a loaf for about 45 minutes. MRS. D. A. LEHMAN.

DATE CAKE

1 Cup sugar, ¼ cup butter, ½ teaspoon salt, 1½ cups sweetened apple sauce, 1½ cups flour, 1 cup chopped dates, 2 teaspoons soda, 3 eggs, 1 teaspoon of cinnamon, 1 of allspice and 1 of cloves and 1 cup nuts. Cream butter and sugar, add well-beaten egg yolks, then apple sauce. Sift dry ingredients several times and add to above mixture. Add dates and nuts and last fold in egg whites. RUBY RICE.

BLACKBERRY CAKE

2 Cups sugar (light brown or white), ¾ cup butter, 3 whole eggs, 3½ cups flour, 1 tablespoon Royal baking powder, 2 teaspoons soda dissolved in cold water, 1 cup buttermilk, 2 cups jam or 2 small glasses jelly, ½ teaspoon each cinnamon, allspice and nutmeg. Bake in layers and put together with caramel.

CARAMEL FILLING: 2 Cups sugar, 1 cup milk or cream, ¼ cup butter. Flavor with vanilla. Cook together and beat until smooth.

ORIGINAL RECIPE OF MRS. J. J. PARISH.

BLACKBERRY JAM CAKE

6 Eggs, 3 cups flour, 2 cups sugar, ½ cup butter, 1½ cups blackberry jam, 6 tablespoons sour milk, 2 teaspoons soda, 2 teaspoons cinnamon and ½ nutmeg. Bake in layers and use any icing. MRS. W. V. RATHBONE.

STRAWBERRY JAM CAKE

2 Cups brown sugar, 1 cup butter, 1 cup strawberry jam, 1 cup buttermilk, 2 teaspoons soda, 4 eggs and 1 teaspoon each of cinnamon, cloves, allspice and nutmeg. Add 2½ cups flour. Bake in layers and put together with icing.

MRS. MAUD GRAMLICH.

FRUIT CAKE

4 Cups sifted flour, 1 teaspoon soda, 3 cups sugar, 2 pounds chopped seedless raisins, 2 cups butter, 2 pounds

currants, ½ pound citron, 1 nutmeg grated, ½ teaspoon cinnamon, ½ teaspoon cloves, 8 eggs beaten separately.

N. B. Prepare cake for oven then put in refrigerator for 24 hours. The fruit will swell and cake be lighter.

Mrs. L. P. Bauman, Crivitz, Wis.

BLACK FRUIT CAKE

1 Pound sugar, 1 pound butter, 1 pound flour and 10 eggs, 1 teaspoon cinnamon, 1 teaspoon nutmeg, ½ teaspoon cloves, 2 pounds raisins, 2 pounds currants, 1 pound figs, 1 pound citron, 1 pound English walnuts, ½ pound pecans. Cream the butter and sugar, add the eggs and a part of the flour, reserving a part of the flour for the fruit. Add the spices, then the fruit and nuts, well mixed and floured. Mix well and last of all add 1 cup cold water in which 1 teaspoon of soda has been dissolved. Very fine.

Mrs. Sam Whoolery.

FRUIT CAKE

2 Cups dark brown sugar, 1½ cups butter, 1 cup molasses, 6 eggs beaten separately, 1 pound raisins, ½ pound candied pineapple, ½ pound candied cherries, ¼ pound candied orange peel or citron, or half and half, ½ cup figs, ½ cup grape juice, ¾ teaspoon cloves, ½ grated nutmeg, 1 teaspoon allspice, 2 teaspoons cinnamon, 2 teaspoons soda dissolved in 1 cup buttermilk, 1 teaspoon baking powder and 1 cup nuts. Add 8 cups flour reserving 1½ cups to flour, fruit and nuts. Chop fruit fine and flour well. Add grape juice and fruit last. Steam 3 hours and bake 1 hour in a slow oven.

Mrs. Fannie Gaskins.

FRUIT CAKE

Cream 1 pound of sugar and 1 pound of butter until light, add 10 eggs beaten separately, 1 pound flour, reserving part for fruit, then add 1 teaspoon each of cinnamon, cloves and allspice, 2 pounds raisins, 1 pound currants, 1 pound citron, orange peel and lemon mixed, 1 pound nut kernels, 1 pound dried figs, 1 pound canned cherries, pineapple and watermelon preserves. Makes 2 large cakes. Follow above directions.

Bess S. Parish.

GINGERBREAD

½ Cup lard or butter, 2 cups sugar, 1 egg, ½ cup molasses, 1 teaspoon soda, ½ cup sweet or sour milk, 2 cups flour, 1 teaspoon each ginger and cinnamon, a pinch of salt. First sift flour, then measure 2 cups. Add soda, spices and salt to flour and sift twice. Cream fat and sugar and add well-beaten egg. Beat thoroughly. Mix molasses and milk and add alternately with the flour. Bake in moderate oven.

RUBY RICE.

FEATHER GINGERBREAD

Sift together the following ingredients: 1 Cup flour, 1 teaspoon each soda, ginger and cinnamon. Blend ¼ cup each sugar, molasses, melted lard, sweet milk and sour milk. Beat 1 egg and combine all the ingredients, stirring well. Add ¼ teaspoon of salt. Bake 20 minutes in slow oven.

MRS. C. D. STILWELL.

SOFT GINGERBREAD

1 Cup molasses, ¾ cup lard, ½ cup sugar, place all in a pan, let barely boil and cool. Add 2 beaten eggs, 1 teaspoon cinnamon, 1 teaspoon ginger and 1 level teaspoon soda in ¾ cup water, 3 cups flour. Bake in moderate oven ½ hour.

MRS. D. A. LEHMAN.

MUFFINS OR SMALL CAKES

¾ Cup sugar, 2 tablespoons butter, ½ cup sweet milk, 1½ cups flour, 1 egg beaten and 1 teaspoon baking powder. Cream butter and sugar, add egg, milk and flour with baking powder.

MRS. W. V. RATHBONE.

PAINS DE ALMONDS

1 Cup white sugar, 1 cup brown sugar, 1 pound melted butter, 3 eggs well beaten, 1 tablespoon cinnamon, 1 teaspoon soda, 1 cup blanched almonds chopped, and 4 cups flour. Roll in 2 balls, let stand over night, cut in slices and bake in a moderate oven.

MRS. G. T. GASKINS.

TEA CAKES

1 Small cup sugar, 1 large tablespoon butter, ½ cup sweet

milk, 1 egg and flour enough to make batter, about 1 cup, 1 teaspoon baking powder. Flavor with lemon or vanilla. Bake in muffin pans. Will make 1 dozen.

Mrs. D. B. Harvey.

NUT CAKES

1 Cup sugar, ½ cup butter, mix well, 2 eggs, 1 at a time and beat. 1 Teaspoon soda dissolved in water, 1 teaspoon each cinnamon, vanilla and lemon extract, 1 cup chopped nuts, 1 cup cooked raisins with ¼ cup water in which they were cooked, ¼ cup buttermilk. Stir in 2 cups flour and bake in muffin tins. Mrs. O. M. Karraker.

TEA CAKES

½ Cup sweet milk, 1½ cups sifted flour, 1 cup sugar, ½ cup butter, 1 teaspoon baking powder, 4 eggs, whites beaten stiff. Cream sugar and butter, add other ingredients and lastly the whites of eggs. Flavor with vanilla. Bake in gem pans 25 minutes in moderate oven.

Mrs. W. V. Rathbone.

DATE BARS

1 Cup dates, 1 cup nuts, 1 cup sugar and 2 eggs well beaten. Add 1 cup flour and spread thinly in a square pan. Bake, cut in bars while warm, roll in powdered sugar.

Mrs. Frank Riegel.

MUFFINS

1½ Cups sugar, 1 cup sour milk, 2 eggs, ½ cup butter and 2 cups flour, 1 teaspoon each soda, cinnamon and cloves, 2 teaspoons vanilla, 1 cup raisins, 1 cup nuts. Bake in muffin pans. Mrs. Ural Tuttle.

CAKE FILLINGS

CAKE FILLING

Yolks of 3 eggs, well beaten, 1 cup sweet milk and 1 tablespoon butter, 2 tablespoons chocolate or cocoa mixed with 2 cups sugar. Mix all together and cook.

Miss Minnie Welch.

ICING FOR CAKE

1 Large cup sugar, $\frac{1}{4}$ cup hot water. Cook rapidly until it spins its first long thread when dropped from the spoon. Have ready 2 egg whites beaten very stiffly. Pour hot syrup over eggs and beat until it begins to cream, spread over cake.

Etta Karraker.

MARSHMALLOW FILLING

Add to the above icing 20 marshmallows, let melt and beat.

Ella Marsh.

SEVEN MINUTE ICING

Measure 1 cup sugar and take out 2 tablespoons, put in double boiler and add 3 tablespoons hot water and 1 egg white unbeaten. Place over boiling water and beat with a Dover egg beater 7 minutes. If recipe is doubled, cook 14 minutes. Spread on cake immediately.

ORANGE FILLING

$\frac{1}{2}$ Cup sugar, 2 tablespoons flour, $\frac{1}{4}$ cup orange juice, 1 teaspoon lemon juice, 1 teaspoon butter and 1 egg slightly beaten. Mix in order given, beat well, cook in double boiler, stirring constantly.

BROWN SUGAR CARAMEL ICING

$2\frac{1}{2}$ Cups brown sugar, $\frac{3}{4}$ cup milk, 1 tablespoon butter. Boil until soft ball is formed when dropped into cold water. Remove from fire and beat until thick enough to spread.

CARAMEL FROSTING

2 Cups sugar, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon butter and $\frac{1}{2}$ teaspoon vanilla. Melt $\frac{1}{2}$ cup sugar to caramel. Boil remain-

ing sugar with milk, add caramel and butter and boil to soft ball stage. Beat until creamy, add vanilla.

CHOCOLATE ICING

2 Cups confectioner's sugar, ¼ cup butter, 2 teaspoons boiled coffee, 1¼ square unsweetened chocolate. Cream butter and sugar and add melted chocolate and coffee. If not of the right consistency add more sugar or coffee.

RUBY RICE, Domestic Science.

CARAMEL FILLING

1½ cups sugar, whites 2 eggs, 3 teaspoons caramel, ½ cup boiling water and 1 teaspoon vanilla. Boil sugar and water together until it spins a thread and pour slowly on beaten whites of eggs. Beat until cold and add caramel and vanilla.

MRS. W. T. SKAGGS.

PEACH BUTTER FILLING

For a plain cake, instead of icing, try spreading the top with this mixture and serve with or without cream: Stir ¾ cup nuts into 1 cup apple or peach butter. Sweeten slightly and spread on cake.

MRS. FRED BAUMER.

RED RASPBERRY FILLING

½ Cup red raspberries, white of 1 egg, ⅓ cup powdered sugar, 1 cup thick cream. Whip the cream to a stiff froth, also the white of egg. Put the two together and with a fork stir the sugar in, blending it perfectly. At the last stir in the raspberries thoroughly mashed. Strawberries may be used in the same way or the pulp of apricots.—*Curtis Cook Book.*

TUTTI-FRUTTI FILLING

1 Cup whipped cream, ½ cup powdered sugar, 1 cup combination chopped walnuts, almonds, dates, raisins and shaved citron. Whip the cream very stiff, beat in the sugar, then add the nuts and fruit, blending it thoroughly with a fork.

COFFEE FROSTING

Use the recipe given for Plain Icing, only substitute $\frac{1}{3}$ cup strong coffee for boiling water, and leave out flavoring.

MAPLE SUGAR FROSTING

4 Tablespoons boiling water, $\frac{1}{2}$ pound maple sugar, white of 1 egg. Boil the sugar and water together until it spins a thread. Pour over the white of egg beaten till stiff, and whip until thick enough to spread.—*Curtis Cook Book.*

COOKIES

OATMEAL COOKIES

2 Eggs, ½ cup sour milk, 1 teaspoon soda, 3 cups oatmeal, 2 cups flour, 1 cup brown sugar, 1 cup shortening, 1 cup currants, 1 cup nuts, 1 teaspoon cinnamon. Mix all dry ingredients, then add eggs and milk. Drop on greased pan and bake in hot oven. MRS. D. B. HARVEY.

OATMEAL COOKIES

2 Eggs, ½ cup butter, 4 tablespoons sweet milk, ½ cup sugar, ½ cup syrup, 2 cups flour, 1½ cups oatmeal ground fine, ½ cup raisins, ½ cup nuts, scant teaspoon soda, 2 scant teaspoons cream of tartar. MRS. JOE MORRIS.

OATMEAL COOKIES

1 Cup sugar, ½ cup lard, 2 eggs, 1½ cups oatmeal, 1 teaspoon soda, 1 teaspoon cinnamon, 1 cup stewed raisins, 5 tablespoons water that the raisins were cooked in, 2 cups flour, 1 cup chopped nuts. Drop on buttered pan and bake in moderate oven. MRS. JENNIE K. RODGERS.

OATMEAL COOKIES

2 Eggs, 1 cup sugar, 2 cups flour, 2 cups oats, 1 cup lard and butter, 1 cup raisins and nuts, scant teaspoon soda dissolved in 1 tablespoon warm water, 4 tablespoons sweet milk. MRS. A. E. SOMERS.

QUAKER SWEETBITS

1 Cup sugar, 1 tablespoon butter, 2 eggs, 2½ cups Quaker Oats, 2 teaspoons baking powder, 1 teaspoon vanilla. Cream butter and sugar, add yolks of eggs, add Quaker Oats to which baking powder has been added, add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins with teaspoon but very few on each tin as they spread. Bake in slow oven. MRS. C. E. COMBE.

DATE CRACKERS

1 Pound stoned dates, 2½ cups rolled oats, 2½ cups flour,

1 cup brown sugar, 1 cup butter or other shortening, 1 teaspoon baking soda, ½ cup cold water, ½ cup warm water, 1 cup granulated sugar. Put dates and granulated sugar and cold water into a saucepan and boil until dates are soft. Allow this to cool. Cream brown sugar and butter together then add rolled oats and flour and mix well with hand, add hot water and soda mixed, then divide into two equal parts. Roll out thin and spread the date filling on one layer, place second layer on the top of the filling and cut into squares and bake. EMILY COMBE, East St. Louis.

DATE BARS

1 Cup dates, 1 cup nuts, 1 cup flour, 1 cup sugar, 2 teaspoons baking powder, pinch of salt, 3 eggs. Mix flour, sugar, salt and baking powder. Put in dates cut fine and nuts. Add eggs slightly beaten. Spread in greased pans about ¼ inch thick and bake. MRS. HOMER COLLIER.

DATE HERMITS

Cream 1 cup butter and 1½ cups sugar. Add 3 eggs beaten until thick and lemon tinted. Add 1 pound dates stoned and cut in four pieces and 2 cups walnut meats. Sift 2½ cups flour and ¼ teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon allspice. Add to first mixture 1 teaspoon soda dissolved in 2 tablespoons hot water. Mix well. Drop from tip of teaspoon on buttered tins 1½ inches apart. Bake in a moderate oven 12 to 15 minutes.

MRS. C. E. COMBE.

HERMITS

2 Cups sugar, 1 cup butter, 2 eggs, nearly ½ cup water, 1 rounded teaspoon baking powder, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 nutmeg, 1 cup currants, flour enough to roll thin. Sprinkle with sugar and bake.

MRS. D. B. PARKINSON, Carbondale, Ill.

LEMON SUGAR COOKIES

6 Eggs, 1 cup butter, 3 cups sugar, 1 teaspoon lemon extract, 6 level teaspoons baking powder, 1 teaspoon salt, about 8 cups flour. Use enough flour to make batter stiff

enough to handle. Beat eggs separately. Cream sugar and butter and salt. Add yolks, add flour and baking powder sifted together and last add the beaten whites. Roll very thin and bake in a quick oven.

EMILY COMBE, St. Louis.

SWEETHEARTS

Cream 1½ cups brown sugar and 1 cup butter and lard mixed, 3 eggs, ½ cup water, 1 teaspoon soda dissolved in water, pinch salt, 2¾ cups flour, 1 cup chopped nuts, 1 cup chopped raisins mixed with the flour, 2 teaspoons cinnamon, vanilla. Drop on greased tins and bake.

MRS. FRED BAUMER.

MARGUERITES

Whites of 2 eggs beaten stiff, 1 cup sugar, 1 cup chopped nuts, ½ teaspoon vanilla. Add sugar to stiff egg whites, mix nuts in and spread on long crisp crackers. Brown slightly in oven.

MRS. W. V. RATHBONE.

VANILLA DROP COOKIES

2 Cups sugar, 1 cup butter and lard mixed, ½ cup buttermilk, 4 cups flour, 1 teaspoon soda dissolved in buttermilk, 1 teaspoon baking powder, 3 eggs beaten together, ½ box raisins. Cream sugar and butter, add eggs, then buttermilk and soda, add flour, baking powder and raisins. Drop on greased pan far apart and bake in moderate oven.

MRS. A. W. LEWIS.

CHRISTMAS FRUIT COOKIES

1 Pound butter, 3 cups sugar, 7 eggs, ½ teaspoon each ginger, cloves, nutmeg and cinnamon, a sprinkling of salt and pepper, 1 package each raisins, dates and figs cut in pieces, 1 full pint black walnuts, 1 rounding teaspoon soda dissolved in 1 cup sour milk. Mix batter very stiff and drop off spoon onto buttered pan. Batter should be stiff enough that cakes will not flatten out. Will keep for weeks.

MRS. EVA CLARK, MRS. GEORGE MORRIS.

FRUIT COOKIES

1 Cup brown sugar, ½ cup butter, ½ cup whole milk or cream, 2 eggs well beaten, 2 cups flour, ½ cup currants, 1 cup raisins, 1 teaspoon cinnamon, 1 teaspoon cream of tartar, ½ teaspoon soda. Drop on buttered tins and bake.

Mrs. G. G. Mugge.

DROP FRUIT AND NUT COOKIES

1½ cups brown sugar, 1 cup butter creamed and add 3 eggs (whole), 1 teaspoon soda, 1 teaspoon cinnamon, salt, 1½ cups chopped raisins, 2½ cups chopped nut meats, 1½ cups flour. Drop on tins and bake. Mrs. Combe.

FRUIT BARS

1 Cup nuts, 1 cup dates, 1 cup figs, 3 eggs, 1½ cups flour, 1 cup sugar, ½ cup milk or water, 1½ teaspoons baking powder. Bake in tins ½ hour, cut in bars, roll in powdered sugar. Mrs. Joe Walker, Herrin, Ill.

MRS. DILLMAN'S COOKIES

3 Cups sugar, 2 cups butter, 6 eggs beaten separately, 6 cups flour, 2 pounds dates or 1 pound dates and 1 pound raisins, 6 tablespoons water, 1 tablespoon soda, 2 tablespoons baking powder, 1 cup nuts, cinnamon, cloves and vanilla. Add whites of eggs last. Mrs. R. L. Seright.

BARBEE-DILLMAN COOKIES

2 Cups light brown sugar, 1 cup Crisco or butter, 5 tablespoons water, 1 teaspoon soda in water, 2 eggs, 1 lemon, add flour. Mrs. R. L. Seright.

MOLASSES DROP COOKIES

½ Cup molasses, ½ cup sugar, ½ cup sour milk, ¼ cup lard or any other shortening, 1 egg, 1 teaspoon soda, ½ teaspoon ginger, ½ teaspoon cinnamon, 2½ cups flour. Must be stiff. Drop by small spoonfuls on a greased baking tin. ¼ Cup chopped raisins and ¼ cup nuts may be added.

Mrs. Nelia Gregg.

COOKIES

2 Cups sugar, 1 cup butter, 2 large or 3 small eggs beaten separately, 1 teaspoon soda, 1 teaspoon Royal baking powder, ½ cup buttermilk, nutmeg or other flavoring to taste. Cream butter and sugar, add eggs and flavoring, add soda dissolved in milk and baking powder sifted into enough flour to make a rather stiff dough, otherwise they will fall, they are so rich. MRS. GEORGE BERRY, MRS. G. T. GASKINS.

CHOCOLATE COOKIES

½ Cup butter, 1 cup sugar, 1 egg, ¼ teaspoon salt, 2 ounces Baker's chocolate, 2½ cups flour (scant), 2 teaspoons baking powder, ¼ cup milk. Cream butter, add sugar gradually, egg beaten well, salt and chocolate melted. Beat well, add flour mixed and sifted with baking powder, alternately with milk. Chill, roll very thin, then shape with small cutter, first dipped in flour. Bake in moderate oven.

MRS. C. E. COMBE.

BROWNIES

½ Cup flour, 1 cup sugar, ½ cup butter, 2 eggs, 2 squares chocolate (melted), 1 cup chopped nuts, 1 tablespoon vanilla. Bake in a rather slow oven. Cut in squares.

MRS. ALBERT MONTAGUE, Carbondale, Ill.

DROP SPICE COOKIES

½ Cup butter, 1 cup sugar, 1 egg, 1 cup sour milk, 1 teaspoon soda, 2 cups flour, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon of baking powder. Drop on greased pan and bake. MRS. D. B. HARVEY.

LEBKUCHEN

2 Cups brown sugar, 2 cups molasses, ½ pound citron, ½ pound almonds, a pinch of orange peel, 5 eggs, leaving whites for icing, cloves, cinnamon and allspice to taste, ½ ounce powdered hartshorn. HOW TO THICKEN: Stand over night, roll out next day and bake in cooky shapes.

BESS PARISH.

ORANGE SNAPS

Beat together 1 cup sugar, ⅔ cup butter, adding 2 eggs, ½ teaspoon soda dissolved in 4 tablespoons hot water, and 6 tablespoons orange juice with grated rind of 2 oranges. Add sufficient flour to roll soft and thin and bake in quick oven. MRS. C. E. COMBE.

GINGER CREAMS

1 Cup sugar, 1 cup butter, 1 cup molasses, ½ cup buttermilk, yolks 2 eggs, 1 teaspoon each cinnamon, ginger, cloves and nutmeg, 2 teaspoons soda dissolved in 1 tablespoon good vinegar. Mix soft and roll ½ inch thick. Bake in hot oven and cover with boiled frosting. MRS. C. A. TAYLOR.

GINGER SNAPS

1 Cup sugar, 1 cup molasses, 1 cup butter, 1 level teaspoon soda, 2 tablespoons warm water, flour to stiffen just enough to roll. MRS. D. B. HARVEY.

INDIAN COOKIES

½ Cup butter, 2 squares uncooked chocolate melted with butter, 2 eggs, 1 cup sugar, pinch salt, ½ cup flour unsifted, vanilla flavoring, 1 cup nuts. Spread out, bake 20 minutes in moderate oven, cut while warm into squares or desired shapes. BESS PARISH.

JUMBLES

Into 6 cups flour put 3 heaping teaspoons baking powder. Cream 2 cups sugar, 2 cups butter, 3 eggs beaten, 3 tablespoons sweet milk. After creaming put all in the flour and stir with spoon until all the flour is taken up. Roll very thin and sprinkle with sugar. MRS. D. A. LEHMAN.

SCOTTISH FANCIES

1 Egg, ½ cup sugar, ⅔ tablespoon melted butter, ½ teaspoon salt, ¼ teaspoon vanilla, 1 cup rolled oats. Beat eggs until light, then add oats gradually and let stand several hours. Just before baking add other ingredients gradually. Drop by teaspoon on greased pan an inch apart and cook slowly. MRS. LEILA MAXEY, McLeansboro, Ill.

CRISP COOKIES

1 Cup butter, 2 cups sugar, 3 cups flour, 4 eggs, 1 heaping teaspoon baking powder. After mixing these stir in more flour until rather stiff. Roll very thin.

MRS. A. A. LEHMAN.

GRANDMOTHER'S COOKIES

1½ Cups sugar or can use half molasses and half sugar, 1 egg, ½ cup butter, 1 teaspoon soda dissolved in 1 tablespoon water, 1 cup sour milk, 1 teaspoon flavoring, pinch of salt, 4½ cups flour, 1 teaspoon baking powder, ½ teaspoon ginger and a little nutmeg. Cream butter and sugar, add beaten egg, then milk with dissolved soda stirred in it, flavoring and dry ingredients. Sift another ½ cup flour on board, take ½ the dough and knead in enough of the flour so you can just handle it without sticking. The softer you can have the dough the better the cookies. Roll out ¼ inch thick, sprinkle with sugar and cut out with animal cooky cutters. Use remaining dough in same way.

MRS. CLARENCE BONNELL.

DROP COOKIES

Cream ⅔ cup butter or butter and lard and 1 cup sugar, add 4 well beaten eggs, 1 cup flour, 2 level teaspoons baking powder and 1 cup chopped nut meats. Drop by teaspoonfuls on unbuttered tins and bake slowly.

MRS. C. D. STILWELL.

RAISIN GEMS

3 Eggs, ½ cup butter, 1 cup sugar, ½ cup sweet milk, 2 cups flour, ¼ teaspoon salt, 1½ teaspoons baking powder, 1 cup raisins, 1 tablespoon mixed spices. Cream butter and sugar, add beaten yolks and flour and milk, add beaten whites and raisins and beat hard. Bake in gem pans.

MRS. R. F. BROWN.

CARTHAGE COOKIES

Cream 1 cup butter and 1½ cups sugar, 3 eggs beaten separately, 1 teaspoon soda dissolved in 2 tablespoons hot water, 4 teaspoons cinnamon, 1 teaspoon ground cloves, 1

teaspoon ground allspice, 2 cups flour, 1½ cups nuts, 1½ cups or 1 package raisins mixed with 1¼ cups sifted flour besides the 2 cups of flour. After creaming the sugar and butter add the other ingredients, leaving the soda and stiffly-beaten whites of eggs till last. You absolutely cannot mix this with a spoon, you simply have to use your hands. Drop small hunks on greased pan an inch apart and bake in a very moderate oven. Be careful in baking them, for if your fire is hot the nuts and raisins will burn and be bitter. Makes about 75 cookies. Be sure to use lots of flour or they will spread out thin, the mixture is very stiff and hard to work. Use no milk or other moisture except the eggs and hot water.

Mrs. W. V. Rathbone.

ROCKS

1 Cup butter, 1½ cups brown sugar, 3 eggs, 3 cups flour, ½ teaspoon cinnamon, ½ teaspoon allspice, 1 teaspoon soda dissolved in 1 tablespoon warm water, 1 cup buttermilk, 1 pound each English walnuts and dates. Wash and remove stones from dates and chop with nuts and mix with one of the cups of flour. Cream butter and sugar, add eggs well beaten and remaining flour. Drop by spoonfuls on shallow greased pan and bake in moderately hot oven.

Mrs. D. A. Lehman.

ROCKS

1½ Cups sugar, 3 whole eggs, ½ cup butter, ¾ cup sour milk, 1 level teaspoon soda, 1 cup raisins, 1 cup nut meats chopped, 3 cups flour. Drop from dessert spoon on buttered pan. Bake in moderate oven. Mrs. D. B. Harvey.

COCOANUT COOKIES

1 Box Dromedary cocoanut, ½ cup Borden's sweetened milk, 1 beaten egg white. Mix well. Drop with spoon and bake light brown. Mrs. C. A. Taylor.

KISSES

1 Cup brown sugar, 1 cup nuts, white of 1 egg. Beat well and drop on buttered paper and brown. (Good).

Mrs. C. A. Taylor.

LOGANSPORT SUGARLESS COOKIES

1 Can Eagle Brand milk, 1 box cocoanut, 3 squares chocolate. Melt the chocolate and mix with other ingredients. Drop from spoon on greased pan and bake in slow oven, as they are easy to burn. MRS. ROY SERIGHT.

GINGER COOKIES

2 Eggs, 1 cup sugar, 1 cup New Orleans molasses, 1 cup lard, 1 tablespoon each soda, ginger, cinnamon and vinegar, and 2 tablespoons hot water. Mix lard and flour as for pie crust. Beat the eggs and sugar together, add molasses, spices and vinegar, and last the soda dissolved in the hot water. Beat until it foams well, pour into flour and lard, mix, roll thin, cut out and bake quickly. Mix dough rather stiff or will spread too much.

MRS. MAY COLLIER.

DOUGHNUTS

3 tablespoons fat, $\frac{2}{3}$ cup sugar, 1 egg, $\frac{2}{3}$ cup milk, 1 teaspoon nutmeg, 1 teaspoon salt, 3 cups flour, 4 level teaspoons baking powder. Cream the fat, add the sugar and well beaten egg, stir in milk, add dry ingredients sifted together, add flour for stiff dough. Roll $\frac{1}{2}$ inch thick and cut and fry in hot fat. MRS. C. D. STILWELL.

DOUGHNUTS

1 Cup sugar, 1 cup milk (sour), 1 teaspoon baking powder, 1 egg, 1 scant teaspoon soda, and flour enough to stiffen like cookies, flavoring. Roll out $\frac{1}{2}$ inch thick and cut. Have grease very hot and fry quickly. Roll in sugar while hot.

MRS. CLARENCE BONNELL.

DOUGHNUTS

1 Egg, 1 cup sugar, 1 cup sour milk, $\frac{1}{2}$ teaspoon soda in $\frac{1}{3}$ cup warm water, 1 tablespoon lard, pinch of salt, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, flour enough to roll out. Fry in deep fat.

MRS. D. B. HARVEY.

DOUGHNUTS

1 Cup sugar, $2\frac{1}{2}$ tablespoons butter, 3 eggs, 1 cup milk, 4 teaspoons baking powder, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon grated nutmeg, $1\frac{1}{2}$ teaspoons salt, flour to roll. Cream butter and add one-half sugar. Beat egg until light and add remaining sugar and combine mixtures. Add $3\frac{1}{2}$ cups flour, mixed and sifted with baking powder, salt and spices, then enough more flour to make dough stiff enough to roll.

MRS. C. E. COMBE.

DOUGHNUTS

1 Pint sour milk, 1 cup sugar, 2 eggs, 1 teaspoon soda, 2 tablespoons melted lard, 1 teaspoon baking powder, flour to mix stiff dough.

MRS. R. L. SERIGHT.

CANDIES

238° Soft ball.
240° Medium ball.
248° Hard ball.
290° Small crack.
310° Crack.
350° Caramel.

To test for soft ball, lift pan from fire, dip a spoon in cold water, then into the syrup, then into the cold water again. If it comes off in a soft ball, it is at the right stage.

At soft ball stage, the ball will just keep in shape.

To prevent crystallization, cook in covered pan until syrup is boiling. Crystals on the sides steam off. With milk mixtures, watch carefully and remove lid in time to prevent boiling over.

In fondant making, do not scrape pan. The temperature of last few drops may be different enough to cause trouble.

Smoother fudge may be obtained by pouring into another pan after taking from the fire. Do not scrape pan. Wait until a crust has formed before beating.

Dipped candies keep well.

Results are better if candy is made in clear, cold weather.

FONDANT

2 Cups granulated sugar, $\frac{2}{3}$ cup water, $\frac{1}{2}$ teaspoon cream of tartar. Stir until all is dissolved. Wipe grains from sides of pan, cover and let boil without stirring. Try in cold water. When it has reached the right degree it can be gathered up between the fingers into a ball and will retain any shape pressed into, but must not be crisp. Pour very carefully on a deep, ungreased platter and let stand until cool. Stir constantly with large spoon or wooden paddle until it is too thick to stir, then gather quickly into the hands and knead as you would bread. It will become white and creamy-looking but must not be grainy. If you are making Christmas candies this can be made a week ahead and will be better for standing. Fondant is the foundation of all French

candies and is not hard to make, but requires great care in handling. Put away in bowl and cover with oiled paper or small white cloth. MRS. D. B. HARVEY.

QUICK FONDANT

White of 1 egg, confectioner's sugar, flavoring. Beat white of egg stiff, stir in as much confectioner's sugar as the egg will hold, add flavoring and mold into balls. Apply nuts, raisins, dates, cocoanut or dip in melted chocolate.
MRS. D. B. HARVEY.

CREAM MINTS

Melt fondant over hot water, flavor with a few drops of oil of peppermint, wintergreen, clove, cinnamon or orange and color if desired. Drop from tip of spoon on oiled paper. MRS. D. B. HARVEY.

POTATO FONDANT

Peel and boil a medium sized potato, mash and add pulverized sugar until it can be molded. Flavor with different extracts and color with vegetable colorings. Put nuts on top or stuff dates with it. MRS. THOS. D. GREGG.

INSIDE FONDANT

2 Cups sugar, ½ cup boiling water and 2 tablespoons corn syrup. Put on to boil in covered saucepan. After it boils well remove lid and cook to soft ball stage. Pour in pyrex pie plate or shallow dish and set aside to cool. When surface is hard enough to retain a dent, beat hard until creamy. Use this for the inside of bonbons and chocolates. Mold the same day made. The corn syrup causes the inside to mellow and become soft. MRS. T. L. OZMENT, JR.

FONDANT

2 Cups sugar, ½ cup boiling water, ½ teaspoon cream of tartar. Cook and beat the same as for inside fondant. This fondant will keep if put in air-tight container.
MRS. T. L. OZMONT, JR.

SUGAR PLUMS

Take filbert meats and cover them with fondant and roll in granulated sugar. Other nut meats may be used.

Mrs. T. L. Ozmont, Jr.

CHERRY CREAMS

Mold fondant in small oval shapes and decorate each with candied cherry. Whole nut kernels, pineapple and other candied fruits are very attractive and delicious for decorations. Mrs. Chas. E. Combe.

BONBONS

The centers are made of inside fondant shaped in small balls and flavored as desired. Nuts or cocoanut may be added.

To Dip Bonbon: Put fondant (made with cream of tartar) in top of double boiler and melt over hot water; color and flavor as desired. During dipping, keep fondant over hot water that it may be kept of right consistency. For dipping, use a two-tined fork, an old-fashioned button hook with a loop end or something like it made with wire. Drain on oiled paper and stir fondant between dippings to prevent a crust forming. Mrs. T. L. Ozment, Jr.

TUTTI-FRUTTI

Flavor fondant maple and mix with nuts for first layer. Second layer colored pink, flavored with rose and mixed with chopped candied cherries. Third layer white flavored with vanilla and mixed with chopped blanched almonds and candied pineapple. Mold and cover with oiled paper and slice when used. Mrs. Chas. E. Combe.

CHOCOLATE CREAMS

Make centers as for bonbons. Melt a cake of chocolate in a double boiler, but do not let it boil. When melted, add a lump of paraffine the size of a small walnut. Then allow to cool to about 82 degrees and keep at this temperature during dipping. Mrs. Chas. E. Combe.

CHERRY COCKTAILS

Drain marischino cherries and cover each with a coat of inside fondant and dip as for chocolate creams. Drain on oiled paper and wrap in paper. Let mellow for several days.

Mrs. Chas. E. Combe.

FUDGE

2 Cups sugar, 1 cup milk, 4 tablespoons cocoa (or 2 ounces bitter chocolate), 2 tablespoons butter, 1 teaspoon vanilla. Mix cocoa and sugar and add milk. Boil until it reaches soft ball stage. Remove from fire and add butter and flavoring. Beat until creamy and thickened. Pour quickly into greased tin. When firm cut in squares.

Mrs. T. L. Ozmont, Jr.

PINOCHE

2 Cups light brown sugar, ¾ cup milk, 2 tablespoons butter, 1 teaspoon vanilla, 1 cup chopped nuts. Boil sugar and milk to soft ball stage. Remove from fire. Add butter, flavoring and nuts. Beat until creamy and thickened. Pour in a greased tin and when firm cut in squares.

Mrs. T. L. Ozment, Jr.

FOAMY PEANUT BRITTLE

2 Cups granulated sugar, 2 cups peanuts, 2 tablespoons butter, ½ teaspoon soda. Caramelize sugar, add butter and then soda. Stir into nuts quickly and turn out at once.

Mrs. Roy L. Seright.

PEANUT BRITTLE

2 Cups granulated sugar melted in an iron skillet. Stir constantly. Pound 1 cup peanuts. Grease board with butter. Add pinch of salt to nuts. Stir into melted sugar. Roll with rolling pin until thin. Mrs. J. W. Shultz.

NUT BRITTLE

For each cup of sugar use a cup of nuts. Cover the bottom of a shallow pan with nuts. Put sugar on to melt in an iron skillet and stir constantly until melted to a syrup,

taking care to keep sugar from the sides of the pan. Pour over the nuts as soon as sugar is melted. Salted peanuts may be used. MRS. CHAS. E. COMBE.

CHOCOLATE FUDGE

2 Cups sugar, 2 tablespoons butter, 2 squares chocolate shaved fine, ¾ cup milk, 1 teaspoon vanilla. Boil chocolate and milk until mixture thickens. Then add sugar, stirring if necessary. Cook until a soft ball is formed when dropped in cold water. Set aside without stirring until cool enough to hold your hand on the pan. Add vanilla and butter and beat. MISS EMMA WRIGHT.

PEANUT BUTTER FUDGE

2 Cups powdered sugar, ½ cup milk, 2 tablespoons peanut butter. Boil until creamy and beat until hard.
MRS. J. E. CORNETT.

MOCK MAPLE CANDY

1 Cup brown sugar, 1 cup white sugar, ½ cup cream, ¼ cup butter, ¼ cup sorghum molasses. Cook all together, stirring all the time. Let boil three minutes. Beat until creamy. Flavor with vanilla. MRS. D. A. LEHMAN.

HONEY AND COCOA SQUARES

2 Cups strained honey, ½ pound cocoa, 1 teaspoon vanilla, 1 pound pecan meats chopped fine. Cook honey and cocoa to soft ball stage. Add nuts. BESS S. PARISH.

FRENCH OPERA CREAMS

Beat well 1 egg and add to 2½ cups of brown sugar and 1 cup rich milk. Boil until it reaches the soft ball stage, stirring to keep from sticking. This candy looks thick before it is done and must be cooked until it forms a soft ball in cold water. Add lump of butter size of walnut. Remove from fire and beat until creamy. Flavoring and nuts may be added as desired. It is nice to cut in squares and garnish with half nut meats. MRS. J. W. COKER.

CLEVELAND RECIPE FUDGE

3 Cups sugar, 1 cup rich milk. Bring to a boil, then add 1 tablespoon butter and 4 tablespoons cocoa and boil rapidly 5 minutes, stirring constantly. Take off and add 1 teaspoon vanilla. Beat until creamy. Mark in squares.

Mrs. Fred Baumer.

PECAN PRALINES

2 Cups powdered sugar, 1 cup maple syrup, ½ cup cream or condensed milk, 2 cups pecan halves. Boil first three ingredients until, when tried in cold water, a soft ball may be formed. Remove from fire, beat until creamy, add nuts and drop from tip of spoon in small piles on buttered paper.

Mrs. Chas. E. Combe.

CREOLE PRALINES

3 Cups dark brown sugar, 1 cup rich cream, 2 cups hickory nuts or pecans. Boil sugar and cream to soft ball stage, remove from fire, beat until creamy, add nuts, drop from tip of spoon on buttered paper.

Mrs. Chas. E. Combe.

CARAMEL FUDGE

3 Cups sugar, 1 cup condensed milk. Boil together 2 cups sugar and the milk. Caramelize the other cup of sugar and pour into the first mixture, which should be boiling. Cook to the soft ball stage. Remove from fire and set aside to cool. When a crust has formed on top, beat vigorously until creamy. Mrs. Chas. E. Combe.

FRESH COCOANUT CANDY

Grate or grind a cocoanut. Boil ½ cup water, 3 cups sugar, ½ cup corn syrup and pinch of salt until brittle when dropped in cold water. Then add ⅔ of the grated cocoanut and boil slowly until nearly brittle again. Pour into buttered platter to cool. Boil until brittle 1 cup sugar and milk of the cocoanut. Add the rest of the grated cocoanut and cook to soft ball stage. Beat until creamy and spread on top of first part. Cut in squares. Mrs. A. C. Lewis.

CHOCOLATE CHIPS

1 Cup brown sugar, 1 cup molasses, 1 tablespoon butter, pinch soda. Boil together until it forms a hard ball when tested in cold water. Pour on buttered plates and when cool pull to a light brown. Cut into small squares and while they are warm, roll with a buttered rolling-pin into very thin strips. When quite cold dip each strip into melted sweet chocolate and place on waxed paper to harden.

Mrs. D. B. Harvey.

CHOCOLATE SAUSAGE

1 Cup bitter chocolate, 1 cup sugar, 3 teaspoons vanilla, ¼ pound almonds, ½ cup powdered sugar, whites of 3 eggs. Blanch and cut almonds into small pieces. Roll the powdered sugar to remove lumps. Grate chocolate. Beat the egg whites in a saucepan, then heat over the fire and stir with spoon until warm. Add chocolate, sugar and almonds and stir until mixture is hot. Remove from fire and add vanilla. Pour the hot mixture onto the powdered sugar and knead on a board. Form into a large sausage or several small ones. Let it dry for 12 hours, then cut into slices.

Emily Combe.

COCOANUT BAR

2 Cups sugar, ½ cup water, ¼ teaspoon cream of tartar, 2 ounces cocoanut. Stir the sugar, water and cream of tartar together until sugar is dissolved. As soon as bubbles are seen, cook without stirring until it threads. Remove from fire, cool and beat until it begins to thicken. Add cocoanut and spread on buttered pan to cool. Cut in bars.

Mrs. T. L. Ozmont.

MOLASSES CANDY

2 Cups molasses, 1 cup sugar, 1 tablespoon vinegar, 1 tablespoon butter. Boil until it is brittle when tried in cold water. Pour in a buttered tin. When cool pull until light color.

Mrs. T. L. Ozment, Jr.

WHITE TAFFY

2 Cups sugar, 1 cup water, 1 level tablespoon butter, ¼

teaspoon cream of tartar. Boil until it hardens in cold water, don't stir. Pour in buttered pans and flavor while pulling. Pull taffy with the ends of the fingers and it will be light and good. Mrs. John Jackson.

BUTTERSCOTCH

1 Cup sugar, ¼ cup molasses, 1 tablespoon vinegar, 2 tablespoons boiling water, ½ cup butter. Boil ingredients together until, when tried in cold water, mixture will become brittle. Turn into a well-buttered pan; when slightly cool, mark with a sharp-pointed knife into squares. Flavor if desired. Mrs. Chas. E. Combe.

MARSHMALLOWS

½ box (or 2 tablespoons) Knox's Sparkling gelatine, ½ cup cold water, 2 cups sugar, ½ cup hot water, a few grains salt and flavoring to taste. Dissolve the gelatine in the cold water. Boil the sugar and hot water until it forms a ball when dropped in cold water. Remove from fire and stir in gelatine until it is dissolved. Let stand until partially cooled, then add salt and flavoring and beat with egg whip until too stiff. Then beat with a large spoon until only soft enough to settle into sheet. Pour into pans well dusted with powdered sugar. Chill thoroughly, cut in cubes and roll in powdered sugar. Mrs. C. E. Joyner.

TURKISH DELIGHT

Soak 1 ounce of sheet gelatine in ½ cup of cold water for 2 hours. Put 2 cups white sugar on the stove with ½ cup of water and when it comes to a boil, add the dissolved gelatine. Let it boil 20 minutes, then add the juice and grated rind of a lemon or an orange, and also red confectionery coloring matter, if desired. Bring again to boil, pour into a small square pan that has been buttered. Set to cool over night, cut in squares, roll in confectioner's sugar.

Mrs. Homer Collier.

NOUGAT

2½ Cups sugar, ½ cup crystal white syrup, ½ cup hot water. Cook to soft ball stage. Beat ½ cup into the stiffly

beaten whites of 2 eggs. Cook remainder until it threads. Beat into first mixture. Add nuts if desired. Drop by spoonfuls onto buttered paper. MRS. J. E. CORNETT.

SEA FOAM FUDGE

3 Cups light brown sugar, 1 cup cold water, 1 tablespoon vinegar. Bring to a boil gradually and boil steadily until it hardens when dropped into cold water. Beat the whites of 2 eggs stiff, take syrup from the stove and when it has stopped bubbling, pour it over the whites of the eggs and beat well. Add 1 teaspoon vanilla and 1 cup of nut meats.

MRS. J. H. EISENHOWER.

PARISIAN SWEETS

1 Pound each of dates, figs and English walnuts ground together and mixed thoroughly. Form in balls or cubes and roll in powdered sugar. May be packed in tin box with oiled paper between layers. If desired, mould in a loaf, keep in air-tight container and slice as needed.

MRS. J. W. COKER.

FRUIT CAKE CANDY

2 Pounds brown sugar, 1 pound nut meats, 1 pound raisins, 1 pound citron shredded, ½ cup minced orange and lemon peel dried, ½ pound figs cut fine, 1 teacup cream, butter size of an egg. Mix sugar with a little water, as if making starch, add butter and cream with a little vanilla, boil until it begins to thicken, put in fruit and stir until it is creamy and smooth. Pour on a damp napkin, shape like a cake, roll up in the napkin and put away from the air. After a few days, slice as you would a cake.

MRS. A. C. CLARK.

ALMOND COOKIES

1½ Cup sugar and ½ cup water boiled until it threads. Beat yolks of 4 eggs and stir syrup into them. Let cool ½ hour, then add ½ pound chopped almonds. Set aside for another half hour. Drop on tins and bake in rather hot oven. MRS. L. P. BAUMAN, Marinette, Wis.

CRYSTALIZED GRAPE FRUIT PEELING

Wash, cut in strips, soak in strong salt water over night. In morning put on in cold water and boil hard 20 minutes. Draw off water. Put on in cold water again and boil 20 minutes. Drain this off, weigh peeling and put in same amount of sugar. Add enough water to boil and cook dry. Roll in granulated sugar.

Mrs. A. A. Lasater, McLeansboro, Ill.

CANDIED ORANGE PEEL

Select oranges with clear-colored rind and cut in halves and remove the pulp. If not used immediately cover with cold water. Put on to boil and cook slowly 20 minutes. Drain off water. Cover with cold water and boil 20 minutes. Drain carefully, scoop out white portion with a spoon, being careful not to break rind. Cut in rings $\frac{1}{4}$ inch wide. Make a thick syrup and when it reaches soft ball stage, put in several rings and simmer gently until syrup is very thick. Do not scorch, but the longer it is cooked the more candy is on the peel. Remove from syrup and dip in granulated sugar. More water may be added to syrup and rings of peel treated as above. Better results are obtained if small quantities are cooked in the syrup at one time.

Mrs. Chas. E. Combe.

RICH CHOCOLATE CARAMELS

2 Tablespoons butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup sugar, 1 cup molasses, 4 squares chocolate, 1 cup chopped walnuts, 2 teaspoons vanilla. Put butter in saucepan and when melted add milk, sugar and molasses. When boiling point is reached, add chocolate and cook until brittle when tried in cold water, stirring occasionally to prevent mixture from adhering to pan. Remove from fire, beat 3 minutes, add nut meats and vanilla, and turn into a buttered pan. When cold cut in squares and wrap in paraffine paper.—*Boston Cooking School Book.*

MASTER CANDY FORMULA

2 Cups sugar, $\frac{1}{2}$ cup liquid or a little more in the case of

certain variations, ⅛ teaspoon cream of tartar or its equivalent in glucose or corn syrup, up to ½ cup may be used instead, either of which prevents crystallization.

JANE EDDINGTON, Chicago Tribune.

AFTER-DINNER MINTS

Candy cooked to the light crack or brittle stage, 265°, is pulled and then kept in powdered sugar in a warm place to make it tender and sugary. Flavor with oil of peppermint, wintergreen or cloves.

JANE EDDINGTON, Chicago Tribune.

CHRISTMAS LOLLYPOP STARS

4 Cups granulated sugar, 1 cup water, ⅛ teaspoon cream of tartar. Cook in a covered vessel until it reaches a boil. Do not stir. Cook to 330° or until a small amount dropped into cold water is very hard and brittle. Tint red. When slightly cooled, pour all but ½ cup onto an oiled marble, returning what remains in pan to a warm place. When edges are firm, mark in stars firmly and quickly with star cooky cutter and break apart when the candy is cold. After the stars have been separated, reheat the candy in the pan, dip wooden skewers into this mixture and place a skewer on each star. The hot candy on the skewer will slightly melt the star and cause skewer to adhere firmly.

MRS. W. V. RATHBONE.

POPCORN BALLS

A medium-sized dish pan half full of popped corn, salted a little and kept warm while syrup cooks. 1 Cup of molasses and 1 cup of sugar or 2 cups of sugar, 1 heaping tablespoon of butter, 1 tablespoon of vinegar. Cook to soft ball stage. Pour over corn and form into balls.

MRS. URAL TUTTLE.

GLACE NUTS AND FRUITS

2 Cups sugar, 1 cup boiling water, ½ teaspoon cream of tartar. Boil without stirring until syrup begins to discolor, which is about 310°. Remove saucepan from fire and place in a large pan of cold water to stop boiling. Remove from

cold water and place in a saucepan of hot water during dipping. Take nuts and fruits separately on a long pin, dip in syrup to cover, remove from syrup and place on oiled paper.

Mrs. Chas. E. Combe.

BEVERAGES

COFFEE—PERCOLATED

Scald percolator. Use 1 large tablespoon of pulverized coffee for each cup of boiling water. Boil 5 to 7 minutes.

MRS. M. S. COLEMAN.

BOILED COFFEE

To 4 heaping tablespoons of ground coffee add 1 quart of boiling water. Mix the white of 1 egg with cold water and put into coffee. Boil 5 minutes, then remove to back of stove and let simmer for 15 minutes. ELLA MARSH.

TEA

Water for tea should be used when it has just reached the boiling point. A safe rule is 1 teaspoon of dry tea to ½ pint of boiling water. Scald the pot, put in dry tea and cover 1 minute. Add boiling water and cover closely. Let stand 3 to 6 minutes and strain off into another hot pot. A wadded cozy keeps the tea hot for a long time.—*Curtis Cook Book.*

FIVE O'CLOCK COCOA

3 Tablespoons cocoa, ½ cup sugar, ¾ cup boiling water, a few grains salt, 4 cups sweet milk, ½ teaspoon vanilla and ¼ teaspoon cinnamon. Scald milk, mix cocoa, sugar and salt, adding enough boiling water to make a smooth paste; add remaining water and boil 1 minute; pour into scalded milk and add cinnamon and vanilla; beat briskly 2 minutes and serve with whipped cream. MRS. M. S. COLEMAN.

COCOA

In a tablespoon of boiling water dissolve a small teaspoon of cocoa, then add a cup of boiling milk, and boil together for 5 minutes, stirring constantly. When served sweeten to taste. This is for 1 cup; for larger quantities follow the same proportions. Use only earthen or porcelain vessels, as tin spoils the flavor of cocoa. CURTIS.

HOT CHOCOLATE

4 Tablespoons of unsweetened chocolate, 4 tablespoons sugar, 1 cup boiling water, a few grains of salt and 3 cups milk. Melt chocolate in pan over hot water, gradually add sugar, then boiling water and salt. Place on stove and boil 5 minutes. Add milk, which has been previously scalded. Serve with whipped cream. MRS. D. B. HARVEY.

AFTERNOON CHOCOLATE

1 Quart milk, 3 squares chocolate, 3 tablespoons boiling water, and 2 tablespoons sugar. Put the chocolate in a double boiler and when it melts add the sugar and stir thoroughly until both are dissolved. Add the boiling water and beat it smooth, then pour over it the scalded milk. Whip the beverage with an egg beater till it foams, keeping it over the fire. Sweeten to taste and serve with a tablespoon of whipped cream in each cupful.—*Curtis Cook Book.*

ICED CHOCOLATE

Grate 2 squares of chocolate and mix with a cup of sugar and a cup of water. Put into a double boiler and cook until a thick syrup is formed. Remove from fire, add a teaspoon of vanilla and set away to cool. When ready to serve, arrange glasses half full of cracked ice. Put 2 tablespoons of syrup in each glass, fill with milk and shake well. Serve with a topping of whipped cream.

MRS. J. HARRY EISENHOWER.

LEMONADE

5 Tablespoons lemon juice, 1 cup sugar, 1 pint water. Make a syrup of the water and sugar by boiling 10 minutes, add lemon juice, cool and dilute to suit the taste. This may be made and kept on ice to be used at any time.

MRS. D. B. HARVEY.

GRAPE JUICE

1 Quart pure grape juice, juice 2 lemons, 3 cups water and sugar to taste. MRS. G. T. GASKINS.

FRUIT PUNCH

1 Pint grated pineapple, 2 pounds sugar, 2 cups boiling water, 1 pint hot tea, 1 pint strawberry juice, 8 lemons, 6 oranges, 7 quarts water. Cook pineapple, sugar and boiling water together 15 minutes, add tea and strain, and when cool add fruit juice and cold water, adding ice a short time before serving. Marischino cherries may be added. This recipe makes about 10 quarts. KATHLEEN TAYLOR.

FRUIT PUNCH

1 Can pineapple, ½ dozen oranges and 1 dozen lemons. Boil 4 cups sugar in 2 quarts water for 10 minutes. Cool and add to it 1 gallon cold water. Then grate the pineapple, press the juice from the oranges and lemons, strain through a coarse cloth, add all together and serve with cracked ice.

MRS. FRED BAUMER.

FRUIT PUNCH

Juice 1 dozen oranges, 1 dozen lemons, 1 quart strong tea, sugar to taste and 1 gallon water.

MRS. W. V. RATHBONE.

MINT CORDIAL

21 Finely chopped mint leaves, grated rind of 1 lemon, juice of 2 lemons and 1 large orange. Put mint into lemon and orange juice and let stand 30 minutes or more. Boil 1½ cups of sugar in 1 pint of water and pour over juice and chill. MRS. LEE MCGUIRE.

ICED PUNCH

Make a rich sherbet and grate a piece of sugar on a lemon or citron for flavor. Then beat the whites of 5 or 6 eggs to a froth and by degrees stir it into the sherbet. Add ice and serve in glasses. MRS. FRED BAUMER.

PINEAPPLE FRAPPE

3 Oranges, 1 quart cherry juice, 1 can grated pineapple, juice of 6 lemons and water to make 1 gallon. Sweeten to taste. A few whole cherries may be added.

MRS. D. B. HARVEY.

FRUIT PUNCH

9 Oranges, 6 lemons, 1 cup grated pineapple, 2 cups raspberry syrup, 1½ cups tea, infusion, 1¼ cups sugar, 1 cup hot water and 1 quart apollinaris. Mix juice of oranges and lemons with raspberry syrup and tea, then add syrup made by boiling sugar and water 15 minutes. Chill thoroughly, and just before serving add apollinaris.

MRS. D. A. LEHMAN.

CURRANT SHRUB

Boil currant juice in sugar in proportion of 1 pound of sugar to 1 pint of juice, 5 minutes. Stir constantly while cooking and when cold bottle. Use 1 spoonful to a tumbler of water. MRS. FRED BAUMER.

ORIENTAL PUNCH

Mix together 1 cup sugar, 1 cup water, 6 cloves, small stick cinnamon and a piece of ginger the size of a walnut. Allow the mixture to boil 6 minutes and when cool add the juice of 3 oranges and 2 lemons, strain and add drop of peppermint oil. Put in enough green coloring, made by pressing the juice from boiled spinach leaves, to give the liquid a decided color. MRS. J. H. EISENHOWER.

CREAM NECTAR

3 Pounds sugar, 3 pints water, white of 1 egg and 3 ounces tartaric acid. Dissolve sugar in the water, add beaten whites of egg and let it come to a boil. When cold add tartaric acid and flavor to taste. MRS. FRED BAUMER.

BLACKBERRY JULEP

Cook together 2 quarts fresh blackberries, 2 cups sugar and 2 quarts water for 20 minutes, then strain. Add 1 cup orange juice, the juice of 1 lemon, 1 pint cold water, and cracked ice. Just before serving add 1 pint of red raspberries and a sprig of crushed mint. MRS. ELLA MARSH.

NECTAR CREAM

To 1 pint good rich cream add ½ cup pulverized sugar, 3 eggs, the whites and yolks beaten separately, a pinch of salt,

1 cup of any preferred fruit syrup, 1 quart cold water and 1 cup cracked ice. Shake thoroughly or beat with an egg beater and serve ice cold. KATE HARRIS.

MULLED CIDER

1 Quart cider, 1 teaspoon whole allspice, ½ teaspoon cassia buds, 3 eggs. Put the cider with the spices in it in a saucepan and boil 3 minutes. Pour it carefully over the well-beaten eggs and serve hot.—*Curtis Cook Book.*

LENTEN DISHES

CHEESE SOUFFLE

Grate ½ pound of cheese and add ½ small bottle of cream or a cup of boiling milk and season with a pinch of cayenne pepper, salt to taste, a piece of butter the size of a walnut and a teaspoon of flour. When the cheese is melted take from the fire and add a pinch of nutmeg and the well-beaten yolks of 3 eggs, with the whites of 2 of them whipped to a froth. Place in a baking dish with a piece of butter on top and let remain in oven until it begins to take form. Then remove and place on top the white of the other egg, beaten to a stiff froth. Let it brown slightly in the oven and serve immediately. MRS. FANNIE GASKINS.

CHEESE SOUFFLE

Make a cream sauce of 2 tablespoons butter, 3 tablespoons flour and ½ cup milk. Stir into this ½ cup of cheese, either grated or sliced very thin. Keep hot until the cheese is all melted, but do not let it boil after the cheese is added. When the cheese is all melted and thoroughly mixed in the cream sauce, add the well-beaten yolks of 3 eggs. When it has cooled a little, fold in very carefully the stiffly beaten whites of the eggs. Put into a well-greased pan and set in another pan of hot water and put all into a very moderate oven and bake about ½ hour. Serve promptly.

MRS. STILWELL.

CHEESE SOUFFLE

Soak 1 cup bread crumbs in 1 cup hot milk. Add ½ cup butter, 1 cup grated cheese, 3 eggs beaten separately, 1 teaspoon prepared mustard, pepper and salt to taste. Bake.

MRS. FRED BAUMER.

EGGS A LA SUISSE

Break what eggs you need into a buttered pan, grate over it a sprinkling of cheese and season with salt and bits of butter; pour a little milk over top and bake in a moderate oven ½ hour. MRS. D. A. LEHMAN.

EGGS A LA SUISSE

Spread the bottom of a dish with 2 ounces of fresh butter, cover this with grated cheese, break 8 whole eggs upon the cheese without breaking the yolks. Season with red pepper and salt if necessary, pour a little cream on the surface, strew about 2 ounces of grated cheese on the top and set in a moderate oven for about 15 minutes. Brown on top.

MRS. FRED BAUMER.

TWO WAYS OF PREPARING EGGS FOR THE SICK

Put 1 egg in a cup and beat very light, add a pinch of salt, then fill the cup with milk. Or nutmeg or sugar may be used instead of salt; also unfermented grape juice may be used instead of milk.

Put the juice of 1 orange or lemon into a glass and sweeten to taste; put in cracked ice and water; beat the white of an egg to a stiff froth and add to the mixture and beat all well together.

MRS. D. A. LEHMAN.

BAKED OMELET

6 Eggs beaten stiff, separately, 6 tablespoons sweet milk, $\frac{1}{2}$ teaspoon salt. Mix and bake 20 minutes in a well-greased pan; fold and add chopped fried ham, bacon or jelly.

MRS. W. V. RATHBONE.

NUT LOAF

1 Cup finely-chopped nuts, 1 cup grated bread crumbs, $\frac{2}{3}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 small teaspoon sage, 1 tablespoon melted butter, 1 egg. Mix well and moisten with $\frac{1}{2}$ cup sweet milk. Bake in a well-buttered pan 20 minutes.

MRS. W. V. RATHBONE.

NUT AND CHEESE LOAF

1 Cup grated cheese, 1 cup English walnuts, 1 cup bread crumbs, 1 egg, 1 tablespoon butter, 1 tablespoon chopped parsley, 1 tablespoon chopped onion, salt and pepper to taste. Moisten with tomato sauce and bake. Serve with tomato sauce.

MRS. ELSIE GREGG.

LENTEN SALAD

2 Neufchatel cheeses, ½ cup nuts, ½ cup celery, ½ tablespoon salt, ¼ teaspoon paprika and ½ cup whipped cream. Mix all thoroughly and add 3 tablespoons salad dressing. Mold in egg-shaped balls and serve on lettuce, very cold.

MRS. D. A. LEHMAN.

PEPPERS FILLED WITH CHEESE

To stuff 6 peppers take 1¼ cups cheese, 6 eggs, ½ teaspoon salt, ⅓ teaspoon onion juice. Beat eggs very light, add grated cheese and seasoning, thicken with rolled cracker crumbs and fill peppers. Bake a light brown in a moderate oven. May be served plain or with tomato sauce.

MRS. D. A. LEHMAN.

MAPLE CHEESE TOAST

Slice bread and toast a golden brown, butter, then spread with soft maple sugar and lay on it a thin slice of cream cheese. Put into the oven long enough to melt the sugar slightly, then serve. Cottage cheese may be substituted for the cream cheese. MRS. FANNIE GASKINS.

CHEESE ROULETTES

Whip the whites of 3 eggs until stiff and mix with them 1 cup of grated cheese which has been seasoned with salt and a pinch of cayenne pepper. Flour the hands and mold into balls the size of a walnut. Drop into hot lard and fry 5 minutes or until light brown. MRS. M. S. COLEMAN.

OMELETTE

6 Eggs beaten separately. To the beaten yolks add 1 tablespoon flour and 1 heaping teaspoon sugar, 1 cup milk, salt and pepper to taste. Fold in the beaten whites, place all in a hot greased skillet and put in a hot oven for 5 minutes. MRS. IDA E. STILWELL.

NUT LOAF

Put through a food chopper 1 cup English walnuts and 1½ cups Brazil nuts. Mix with 2 well-beaten eggs, 2 cups

boiled rice and 1 cup milk. Season with salt, pack firmly and bake in a well-buttered pan in a hot oven.

MRS. D. A. LEHMAN.

ESCALLOPED CHEESE

In a baking dish put a layer of grated cheese, sprinkle with salt then put a layer of hard boiled eggs that have been put through a ricer, season, then another layer of cheese; over all pour enough white sauce to moisten.

MRS. D. A. LEHMAN.

CREAMED EGGS

6 Hard-boiled eggs, 1½ cups milk, 1½ tablespoons flour, ½ teaspoon salt, 1½ tablespoons butter, 6 slices Boston brown bread, a few grains of pepper. Melt butter, stir in the flour and seasonings and gradually the milk. Let come to boil, add the eggs chopped fine and pour the mixture over the toast. MRS. ELLA MARSH.

Yolks of eggs may be hard-boiled by dropping them into hot water and cooking slowly for 15 minutes, then putting them through a sieve and placing them over milk toast.

MRS. FANNIE GASKINS.

EGG VERMICELLI

2 Tablespoons butter, 1½ tablespoons flour, 1 cup milk, salt and pepper to taste, 4 hard-boiled eggs. Rub butter and flour together, add milk and boil. When done add chopped whites, pour over toast and sprinkle with grated yolks. Serve hot. MRS. D. A. LEHMAN.

ESCALLOPED EGGS

1 Dozen hard-boiled eggs, 1 pint cream, a heaping cup bread crumbs, a tablespoon flour (large), butter the size of an egg, salt, pepper and extract of celery to taste. Slice the eggs and arrange the layers in a baking dish, sprinkling lightly with bread crumbs and bits of butter. Make a sauce of the cream, thickened with the flour and seasoned with salt, pepper and celery. Pour this over the last layer of eggs; strew the remaining bread crumbs on top and bake until brown. MRS. ELLA MARSH.

BAKED EGGS IN POTATO CASES

Cook sufficient potatoes and mash the evening before needed. Season nicely as for the table, flour the molding board, pat the potato out into a thick cake (3 cups of potatoes will make 5 or 6 cases), cut with a cake butter and lay on a buttered tin; with your fingers press a hollow in each cake. This can be done while the potato is warm at night. In the morning brush the cases with milk and place in the oven to brown; when hot and nearly brown enough remove from the oven and drop an egg into each case, with a dash of pepper and a bit of butter on each egg. Bake till the egg is set; lift with a cake-turner and place on a hot platter. Garnish with parsley or celery tips. This is much more simple than the directions would indicate.

Mrs. Fannie Gaskins.

OMELET IN A SKILLET

5 Eggs, 10 tablespoons milk, $\frac{1}{3}$ teaspoon salt. Separate the yolks from the whites; beat whites very dry; beat yolks slightly, add milk and salt to yolks and stir, then fold in the whites. Heat skillet with 1 tablespoon of butter, turn omelet in and cook on top of stove until beginning to set, then place in oven to brown. Serve hot. Cheese or ham may be added just before putting into the skillet. Have stove medium hot. Mrs. M. S. Coleman.

CHEESE TASTIES

Make 6 thin slices of toast; spread with mustard and place on this thick slices of cheese and season with paprika. Allow to stand in a hot oven until cheese melts. Serve piping hot. Mrs. Fred Baumer.

VERMICELLI WITH EGGS AND CHEESE

Break half a package of vermicelli in $\frac{1}{2}$-inch lengths and boil until very tender; drain and spread out in a shallow baking dish, grate over it 4 tablespoons dry cheese and dot with 3 tablespoons of butter. Beat up 3 eggs, add 1 pint sweet milk seasoned with salt and pepper and pour over the vermicelli. Sprinkle the top thinly with buttered cracker

crumbs and bake in a moderately hot oven until custard is set and slightly browned on top Mrs. A. C. Clark.

CHEESE DREAMS

Grate the amount of cheese needed for the number of sandwiches you wish to make. Add cream, a little at a time, using a silver fork to mash the cheese, working it to a creamy consistency, then add ½ teaspoon mustard to each cup of mixture. Salt slightly and spread generously between thinly sliced white bread. They may be either toasted or fried on a lightly buttered griddle.

Mrs. M. S. Coleman.

CHEESE DREAMS

Cut white bread as for sandwiches, place a layer of plain cheese between and put in hot oven and toast. Or these may be fried in hot butter.

ESCALLOPED EGGS

6 Eggs hard boiled, ¾ pound of cheese, grated. Season with salt and pepper. Make a white sauce and pour over cheese and eggs after you put them in a baking dish. Cook 15 or 20 minutes.

Mrs. Leila Maxey, McLeansboro, Ill.

SANDWICHES

GINGER SANDWICHES

Chop 1 cup of preserved ginger fine and blend with it enough thick cream to spread, spread between thin slices of buttered brown or white bread.

DATE SANDWICHES

Stone and chop 1 cup of dates, add ½ cup chopped nuts, work into a paste with a little thick cream, flavor with vanilla. Spread between thin slices of white bread.

PRUNE-CHEESE SANDWICHES

Wash prunes, cover with water and soak over night, add ½ cup sugar in the morning and simmer until tender and the juice is absorbed. To 1 cup of the prune pulp add ½ cup of grated cheese and a little cream if needed. Use as a filler between brown or graham bread. EVA CLARK.

CUCUMBER SANDWICHES

Chop young cucumbers fine, squeezing out as much moisture as possible. Chop Spanish onion fine and add to the cucumber, mix with mayonnaise dressing and spread between slices of buttered bread. EVA CLARK

OLIVE AND CHEESE SANDWICHES

Chop stuffed olives, blend with grated cheese and mix with mayonnaise, spread between buttered bread.

NASTURTIUM SANDWICHES

Chop hard boiled eggs fine, to each egg allow 1 nasturtium leaf cut fine, mix with mayonnaise, spread between buttered bread and garnish with a nasturtium flower.

BEET AND EGG SANDWICHES

Chop hard-boiled eggs fine and season to taste with salt and pepper and a little melted butter. Take half the quantity of beets chopped fine, spread on thin slices of buttered bread. EVA CLARK.

CUPID'S DARTS

3 Tablespoons grated cheese, 3 tablespoons flour, 1 tablespoon lemon juice, 1 egg yolk, salt and cayenne pepper. Mix all together, roll them, and cut in the shape of darts. Bake 15 minutes.

HEART SANDWICHES

Remove crust from bread, cut in the form of hearts and spread between 2 of them a mixture composed of finely minced nut meats, chicken and pimentos, mixed into a paste with mayonnaise. Press closely and tie each with narrow ribbon.

NUT SANDWICHES

Thin slices of whole wheat bread cut circular and buttered. Make a filling of chopped, roasted and salted peanuts, mixed with sufficient mayonnaise to spread easily.

OLIVE SANDWICHES

Thin slices of bread evenly buttered, spread with cheese mixed to a paste with equal quantities of cream and salad dressing, and covered thickly with chopped olives.

MRS. G. T. GASKINS.

BOSTON BROWN BREAD SANDWICHES

Cut bread in thin slices, butter lightly and spread with thick mayonnasie and put together with thinly sliced, well drained cucumbers. MRS. D. A. LEHMAN.

Mix any finely chopped cooked meat with well seasoned boiled dressing. Butter white bread lightly, spread on the meat and put together with thinly sliced ripe tomatoes.

MRS. D. A. LEHMAN.

OPEN SANDWICHES

Spread a layer of cream cheese that has been moistened with cream or mayonnaise, on a slice of brown bread, over this sprinkle ground nuts, or green and red mangoes.

MRS. D. A. LEHMAN.

EGG AND CHEESE SANDWICHES

Grate cheese and add hard-boiled eggs that have been

put through the ricer. Add 1 small bottle of stuffed olives and enough juice off the olives to flavor. Mix all together with mayonnaise, and spread on thinly sliced bread.

Mrs. D. A. Lehman.

TOASTED HAM AND CHEESE SANDWICHES

Grind boiled ham and mix with salad dressing. Spread between thin slices of bread and cover with grated cheese. Put in oven and toast on both sides. Ruby Rice.

EGG AND BACON SANDWICHES

Mix hard-cooked eggs and crisp bacon which have been run through the food chopper. Mix with salad dressing and make into sandwiches, with a lettuce leaf between. They may be toasted. Ruby Rice.

GOOD SANDWICHES

Slice bread very thin and put in the following mixture: 2 Pimentos, 2 green peppers, ground, 1 teaspoon prepared mustard, 1 can deviled ham, salt and Worcestershire sauce to taste. Mrs. G. .O. Proffitt, St. Louis.

APRICOT SANDWICHES

Brown bread spread with cottage or cream cheese to which enough pulp from canned apricots has been added to make it spread easily.

NUT SANDWICHES

1 Pound nuts chopped, 3 hard-boiled eggs chopped. Mix with salad dressing, serve on lettuce leaf between bread.

PIMENTO AND CHEESE SANDWICHES

1 Cup cheese, 1 cup pimentos, $\frac{1}{4}$ cup olives, all chopped fine. Mix and put between buttered bread.

CHERRY SANDWICHES

Cherries stoned and chopped, added to peanut butter for sandwiches.

CHERRY SANDWICHES

Cherries stoned and chopped, add to cream cheese and chopped nuts make a delicious sandwich.

ASPARAGUS SANDWICHES

Asparagus pressed through the strainer, mixed with horseradish and mayonnaise, makes a good sandwich.

MRS. FRED BAUMER.

HOUSEHOLD HINTS

QUANTITIES FOR SERVING FIFTY PEOPLE

Ten quarts of bouillon.

Creamed chicken—Six 4-pound chickens, or three chickens and the same amount of veal.

For Cream Sauce—Three pints each of cream and milk.

Chicken Croquettes—Five 4-pound chickens, two quarts of milk, six eggs and six cans of peas to serve with them.

Ham or Tongue to serve cold—Eight pounds.

Ice Cream—Two gallons.

Cakes—Four or six dozen individual ones.

If strawberries are to be served with ice cream, provide seven quarts.

Sandwiches—An ordinary loaf makes twenty large sandwiches. These may be cut again, making forty.

Biscuits or Rolls—One hundred and fifty.

Butter for Sandwiches, White Sauce, etc.—Five pounds.

Fish Timbales—Six pounds of cooked fish.

Timbale Cases—Sixty to allow for breakage.

Fruit Salad—Six quarts of fruit, six cups of mayonnaise and one pint of whipping cream.

Sweetbread Salad—Five pounds of sweetbreads, three cans of peas, or four cucumbers; six quarts will be sufficient.

Jelly—Four glasses.

Candy—Two pounds.

Salted Nuts—Three pounds.

Olives—Two quarts.

Punch—Two gallons, four pints of carbonated water and two large pieces of ice.

For seasoning and garnishing—Two bunches of parsley, six lemons, salt, pepper and paprika.

VARNISH REMOVER—Three tablespoonsful of baking soda in a quart of water, applied with a rough cloth, will remove old varnish very easily when you wish to revarnish furniture.

TO REMOVE SHINE—Sponge the serge with hot vinegar and then press on the wrong side of the material.

SUNSHINE A CLEANSER—Sunshine is the best possible disinfectant. The rays of the sun penetrate and disintegrate all organic substances. Let it flood the rooms which are occupied whenever it is possible. Lay the bedding in its direct rays for an hour every bright morning. Dark corners that have a stuffy smell are dangerous to the health of the household.

SLICING LEMONS—Lemon slices should be separated when cut and not have a bit of skin that is uncut to hold them together. Seeds should be removed from the slices.

FOR PANTRY SHELVES—Do away with papers on your pantry shelves by substituting for them two or three coatings of white enamel. The effect will appeal to housekeepers on account of its inviting and cleanly appearance aside from its sanitary qualities.

TO DRIVE AWAY ANTS—For ants, put one tablespoonful of water and one tablespoonful of paregoric in a small saucer on the cupboard shelves or any place infested by them. They will all leave. Strips of blotting paper saturated with the paregoric placed on the refrigerator shelves will exterminate the little red ants.

SERVING SARDINES—When a box of sardines is opened it should be drained of all oil possible and then the little fish turned out and sprinkled with lemon juice. They should be drained again before serving. The lemon will cut the remaining oil and make the sardines more palatable.

A raw egg taken immediately will carry down a fish bone that cannot be gotten up from the throat.

A mustard plaster made with the white of an egg will not leave a blister.

The white of an egg beaten with loaf sugar and lemon relieves hoarseness. Take one teaspoonful each hour.

TO WASH A WHITE SWEATER—Make a warm suds with any good laundry soap, and add to this a lump of sal soda or a teaspoonful of ammonia; either will tend to cut

the grease in the wool, the presence of which makes the first washing of the heavy sweater so difficult.

Do not rub garment on board, but wash by hand or in a washing machine until it is perfectly clean. Fold carefully, pass through wringer twice, and rinse thoroughly in clear water of same temperature as suds. Do not use bluing, for it will turn the natural creamy tint of the wool to a dingy gray. Again fold and pass through wringer twice, then spread out on a large bath towel. When towel becomes damp take a dry one and repeat the process until garment is dry. If the sweater is a new and heavy one, this may take two days. This method of drying gives the lustrous flat finish that the garment has when new, and while this may seem like considerable trouble, results are in proportion to the labor entailed.

An egg added to a morning cup of coffee makes a good tonic.

CURE FOR CORNS—Dip a soft linen rag in turpentine and wrap it around the toe on which the corn is; change this night and morning for a few days. The relief is instantaneous and the corn will disappear.

FOR THE PIANO—Place a small bag of unslacked lime inside the piano; it will keep the springs and metal from rusting.

TO CURE BEE STINGS—A physician advises that the best remedy for bee stings is to apply oil of cinnamon with a small brush. It will slightly blister, but immediately draw out the poison.

REMOVING GREASE—Eucalyptus oil will remove grease or oil from any fabric, no matter how delicate, and best results are obtained by gently sponging the soiled parts.

CLEANING WALL PAPER—To remove grease spots from wall paper, dip a piece of flannel in spirits of wine and rub the spot very gently.

FOR SEASICKNESS—Eating bread and butter which has been thickly sprinkled with cayenne pepper is recom-

mended by many physicians as an effective means of preventing seasickness.

NEW USE FOR PARSLEY—If when making soups or stews you find the flavor of some one vegetable too strong, you can neutralize it by adding a sprig or two of parsley.

TO MAKE GLUE MOIST—Dried up glue can be made moist and fit for use by the addition of a little vinegar.

A VALUABLE CLEANSER—The juice of raw potatoes is excellent for removing stains from the hands and from woolen fabrics.

TO MAKE CLOTHES WHITE—Placing a slice of lemon rind in the boiler when boiling clothes will help make them white.

CURE FOR HICCOUGHS—A teaspoonful of sugar moistened with vinegar and eaten slowly will often stop hiccoughs.

TO PREVENT SPATTERS OF FAT—To prevent lard or butter from spattering when eggs or potatoes are dropped in to fry, sift a little flour in the fat just before putting it on the stove.

FOR IVY POISONING—One of the best remedies for ivy poisoning is to rub the afflicted parts with slices of raw onion.

USES OF POTATO

To Clean A Vinegar Cruet—Fill the cruet with finely chopped potato skin; cork tightly and let stand in a warm place three days. Then turn the skins out and rinse the cruet with warm water and borax.

To Cleanse Rusty Knives—Use a raw potato dipped in brick dust.

To Kindle Fires—Potato parings, dried in the oven, are good to kindle fires, as they light easily.

To Clean Carpets—Grate a raw potato and rub over the surface of the carpet and finish off with a clean cloth, wrung out with warm water.

To Clean Dresses—Grate two raw potatoes into a pint of cold water; strain through a sieve; add another pint of

water and let it settle; then pour the clean part into a bottle. Dip a sponge into the water and rub the soiled garment carefully, afterward rinsing with clear water.

To Clarify Drippings—Slice a raw potato into the fat while rendering. It will absorb all impurities.

To Make Light Bread—Mash a boiled potato and add to the flour.

For Corned Beef Hash—Chop a raw potato and add to the meat.

To Cleanse Silk from Mud Spots—After washing thoroughly, rub soiled places with a raw potato.

When a Fern Turns Yellow—Slice a raw potato and put it on top of the soil. This will draw out the worms.

To Remove Paint from Windows—Use sal soda the same as you would Bon-Ami for cleaning them.

TABLE OF MEASURES

Sixty drops make a tablespoon.

Three teaspoons equal one table spoon.

Eight rounded tablespoons of dry material equal one cupful.

Sixteen tablespoons of liquid equal one cupful.

One cup of liquid is one-half pint.

One heaping tablespoon is one ounce.

One heaping tablespoon of butter is two ounces.

One cup of butter or sugar is half pound.

Two cups of flour is a pound.

One cup of rice is one-half pound.

One cup of bread crumbs is two ounces.

One pint of ordinary liquid is one pound.

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Currants
Cover seeds with water
for 2 hours & to
3 cups juice add
6 " sugar
Bring to heavy boil
Add 1 bottle Certo
Bring to hard boil stirring
constantly. Boil ½ minute,
take from fire & let
stand 2 minutes.
Pour into glasses & cover
with hot paraffine while hot,
when cool add more
paraffine.

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